

Project Update:

Caregiver Approaches, Resiliencies, and Experiences Raising Individuals with FASD

What Caregivers Want to Know

When we asked caregivers:

“What challenges, successes, or experiences have been important to you?”

They told us they want to know more about...



Addressing Problematic System Gaps

- Gaps in existing systems (health care, justice, education) lead to people with FASD and their families falling through the cracks.

Integrating FASD-Informed Support

- Services and supports need to integrate the unique complexities of FASD and prioritize the perspectives of caregivers and families.

Considering Complexities of Family Connections

- Better understanding is needed of specific family dynamics, such as sibling relationships, co-parenting, and connection between birth and adoptive families.

Understanding FASD Across the Lifespan

- Very little is known about how needs, identity, and relationships change throughout life for people with FASD as they age, and how this impacts caregivers.

Promoting Caregiver Wellbeing

- Interpersonal and societal factors like trauma, isolation, and stigma can hinder caregiver wellbeing, and more needs to be done to promote hope and resilience.

In Caregivers' Words



Systems Gaps

"Programs not having adequate policies, staff, funding options, resources to actually help."



FASD-Informed Support

"The greatest challenge is getting people to understand FASD."



Family Connections

"It has been both rewarding and challenging to embrace them as family and to find a way to move forward together."



Lifespan Development

"There continues to be maturing traits happening even as an adult in his 30s. [The] brain is a wonderful elastic organ."



Resources & Wellbeing

"Challenges are day to day, keeping an eye on my own energy level, so that I have the strength to travel a wave."

STAY TUNED! We are working on a follow-up survey and hope that you will take part.

Research & Resources

Read about a new study: [Under-Represented Caregivers in Research on Prenatal Alcohol Exposure](#)
Participate in research: [Parenting Adolescents with FASD](#)

Thank You For Participating

Email katy.flannigan@canfasd.ca with any questions.

Access the survey [HERE](#).

Feel free to share with other caregivers.