

Thinking about FASD?

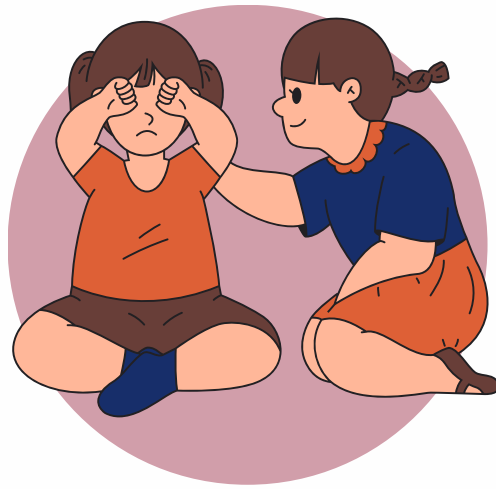
A Guide to FASD Assessments for Caregivers

FASD stands for **Fetal Alcohol Spectrum Disorder**. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.

Signs & Symptoms

Toddlers *may*:

- Be very sensitive to lights, sounds, and touch and cover their eyes and ears
- Have feeding and sleeping problems
- Have delays in crawling, walking, or talking



School-kids *may*:

- Have trouble making friends
- Act impulsively
- Not understand danger
- Need frequent reminders
- Struggle to focus or pay attention

Takeaway: Each person with FASD is unique and may exhibit different symptoms

Considering an Assessment?

Deciding whether an assessment is right for your child might feel like a big decision. There are many things you may be considering, and there is no "one-size-fits-all" answer.

Some reasons people may decide to get their child assessed include:

- Validation of caregiver concerns and experiences from healthcare providers
- Wanting a better understanding of the individuals' strengths and support needs
- Guidance on accommodations, strategies, and interventions
- Increased access to resources and programs (e.g., financial assistance for disabilities)

Takeaway: A diagnosis at any age may be beneficial

What does an assessment look like?

The process starts with a referral to an FASD diagnostic service, which can come from a medical provider or as a self-referral. A specialized team of healthcare professionals and support workers conduct assessments and reviews of the client's medical and life history over several sessions. Often, a clinic coordinator will support you. After a few weeks, you'll receive an assessment report with recommendations.



For additional resources on diagnosis, visit:

- [CanFASD's clinic directory](#)
- [Caregivers' Guide to a FASD Diagnosis](#)
- [CanFASD's Identification, Assessment, & Diagnosis Hub about FASD Guide](#)

To learn more about FASD, visit:

- [Asante Centre's Resources for Caregivers](#)
- Healthy Child Manitoba's [What Parents and Caregivers Need to Know about FASD Guide](#)