

Project Update:

Caregiver Approaches, Resiliencies, and Experiences
Raising Individuals with FASD

Hope, Worries, and Needs for the Future

Participant Snapshot

- 225 respondents as of September 2023
- Average age of 56 years (range 25 to 80)
- 93% identify as women
- Most (56%) are adoptive parents; 17% biological parents; 15% other/extended family members; 6% foster parents, and 3% kinship carers
- The majority (66%) of respondents live in Canada; 22% live in the US; and 4% in Australia
- Caregivers reported on 464 children or adults (72% of whom have diagnosed or possible FASD)



What are you most excited about for the future of the individuals with FASD in your care?

Attitude Shifts in Society

"The world is becoming more aware and accepting of this disability."

More Supportive Environments

"There are more resources available all the time!"

Opportunities to Reach Potential

"He's so kind, caring, and compassionate. He's creative... I can't wait to see where that takes him in life."

Wellbeing & Healthy Outcomes

"A quality of life, living her best life interdependently like the rest of the world."

What gives you hope for the future about yourself as a caregiver / about the individuals with FASD in your care?

Child Growth and Progress

"They will continue to grow and change as they get older. Adulthood can still come even if it takes a while."

Caregiver Knowledge & Resources

"I am still here. I do not give up easily and I truly believe that it's an honor to learn how to best support my kids."

Enhanced Supports

"Change will happen and FASD will be better understood, better accommodated."

Relationship & Connection

"She is growing up in a home where she is loved beyond measure... [we] will always stand up for her."

Worries and Needs

What worries you most about the future of the individuals with FASD in your care?



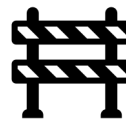
Life Trajectories



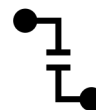
Adverse Outcomes



Capacity for Interdependence



Sociocultural Barriers



Resource Gaps

“What would you need to make the future as successful as possible?”

✓ Systems-level awareness and change

✓ Caregiver respect and support

✓ Social connection

✓ Improved services for those with FASD

✓ Practical supports for healthy outcomes

THANK YOU to those who have participated in this study!

Email katy.flannigan@canfasd.ca if you have questions.

Access and share the survey [HERE](#).

Research & Resources

Relevant Studies

- Caregiver needs and stress ([Bobbitt et al.](#))
- Self-care in caregivers ([Kautz et al.](#))
- Caregiver thoughts about the future ([Watson et al.](#))

Other Resources

- Supporting caregivers through ACT ([webinar](#))
- Caring for adults with FASD ([webinar](#))
- Mental health resource and practice guide ([toolkit](#))
- Framing FASD using the UNCRPD ([issue paper](#))