

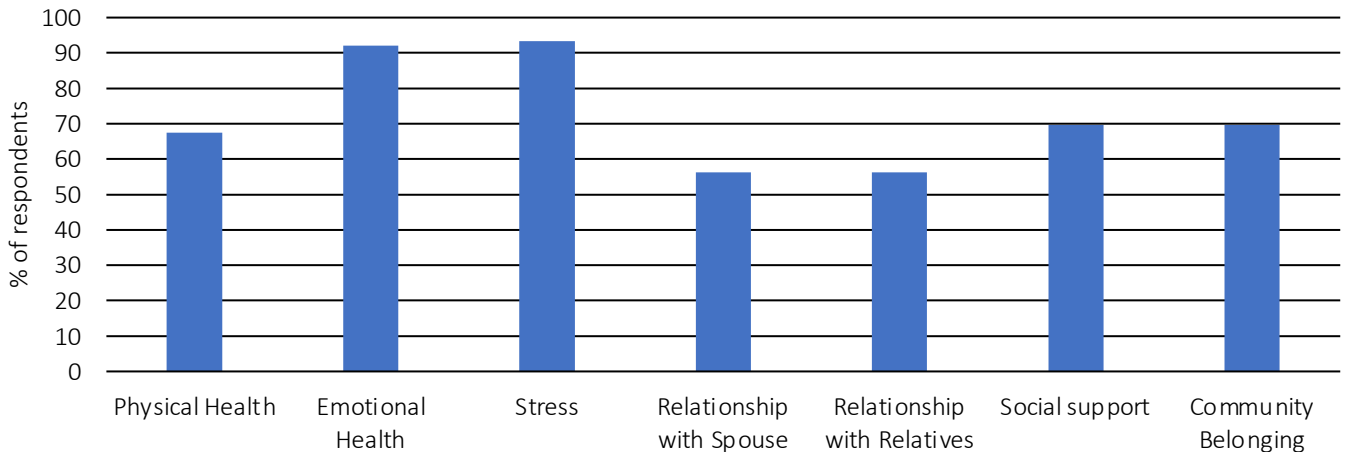
Participant Snapshot

- 115 respondents as of April, 2022
- Average age of 54 years (range 27 to 78)
- 95% women
- Caregivers reported on 239 children or adults
- Most respondents (58%) are adoptive parents; 28% are biological parents or other family members; 9% are foster parents
- The majority of respondents live in Canada (69%); 19% live in the US; and 8% in Australia



Caregivers reported **high levels of stress**, but strength in their **relationships and close connections**

What areas of wellbeing have been impacted by your caregiving role?



Personal coping strategies

- Talking about feelings*
- Intentional time for self
- Religious/spiritual practice*
- Physical activity/movement*
- Sleep schedule

External resources/supports

- Online FASD resources*
- Social connection*
- Peer support groups*
- Parenting skills training
- Individual counselling



*indicates strategies and supports that caregivers reported to be most helpful

Key Findings

Strengths & Successes

98.6%

"I am a strong advocate for my family"

87.4%

"My skills and strategies have improved over the years"

81.7%

"I am proud of the way I care for my child/adult with FASD"



What are the greatest social strengths of your child/adult with FASD?

Hard working, friendly, generous, great story-teller, well-liked, helpful

Funny, witty, clever, creative

Brave, courageous, empathetic, perseverant

My child has the biggest heart

He has compassion, especially for younger people

Kind beyond measure

We want to extend a huge THANK YOU to those who have participated in this study!
Feel free to contact Katy Flannigan (katy.flannigan@canfasd.ca) with questions.
Access and share the survey [HERE](#).

New Research & Resources

Recently Published Studies

- Resilience resources in youth and young adults with FASD ([Kully-Martens and colleagues](#))
- Comparison between characteristics of caregivers of autistic children and those with FASD ([Redquest and colleagues](#))
- Impacts of FASD on the family ([Phillips and colleagues](#))

Other Caregiver Resources

- [Caregiver's Guide to FASD Diagnosis](#)
- [Online FASD Education Opportunities](#)
- [Caregiver Curriculum on FASD](#)
- [Foundations in FASD Online Course](#)