

# Project Update:

Caregiver Approaches, Resiliencies, and Experiences  
Raising Individuals with FASD

## Family Relationships and Stability

SUMMER 2025

### Participant Snapshot

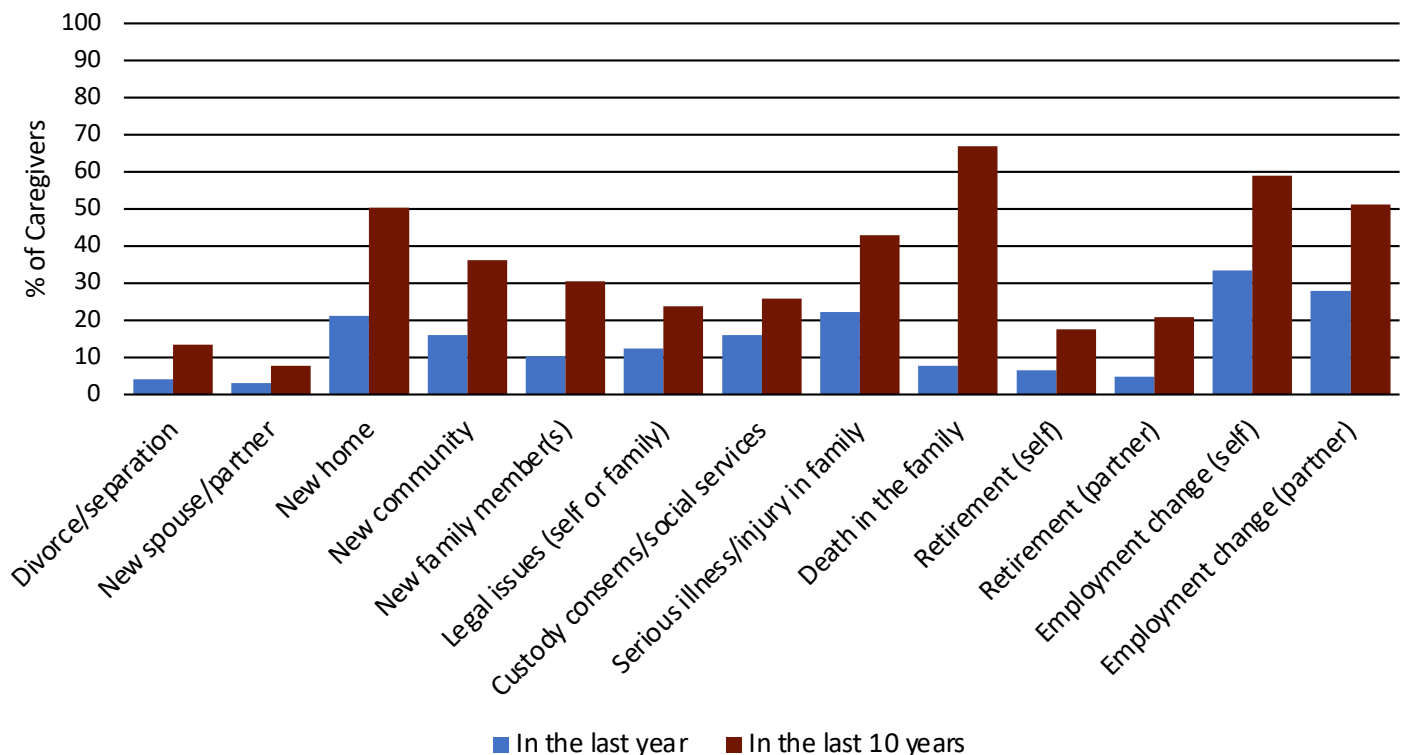
- **268 caregivers** have responded to our survey as of June 2025
- Their average age is **54 years** with a range of 25 to 83
- Almost all (94%) identify as **women**
- The majority (68%) of respondents live in **Canada**



To learn more about family cohesion and stability, we asked caregivers to share:

**“Which of the following major changes or losses has your family experienced?”**

### Family Change and Loss



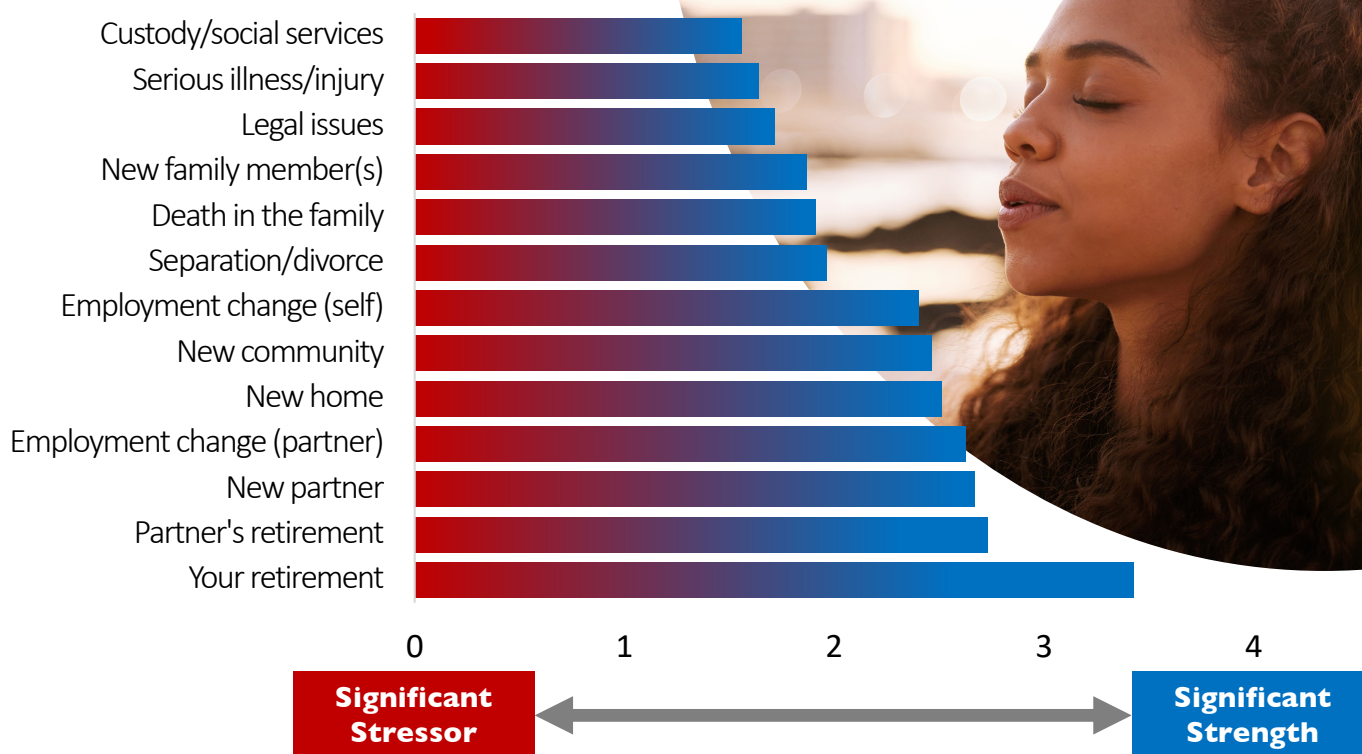
**Some of the most commonly reported changes/losses reported by caregivers included employment changes for self or partner, serious illness/injury of self or family member, and moving to a new home.**

## Key Findings

# Impacts of Change and Loss on Caregivers

Participants were then asked to rate, on a scale of 0 (stressor) to 5 (strength):

**“What impact has this had on you?”**



**Caregivers struggled most with legal and social service systems interactions and illness/injury, whereas they found strength in employment changes and new partnerships.**



THANK YOU to those who have participated in this study!  
Email [katy.flannigan@canfasd.ca](mailto:katy.flannigan@canfasd.ca) if you have questions.

To access the survey, click [HERE](#).

## New Research & Resources

### Recently Published Studies

- [Caregiver motives for seeking a peer mentor](#)
- [Caring and financial burden of caregivers](#)
- [Identifying family environment profiles](#)
- [Caregivers' experiences with FASD diagnosis](#)

### Other Resources

- [Toward Healthy Outcomes 2.0](#)
- [Online FASD Education Opportunities](#)
  - [How to Explain FASD](#)
- [Foundations in FASD Online Course](#)