

# Project Update:

Caregiver Approaches, Resiliencies, and Experiences Raising Individuals with FASD

## Impacts of the COVID-19 Pandemic

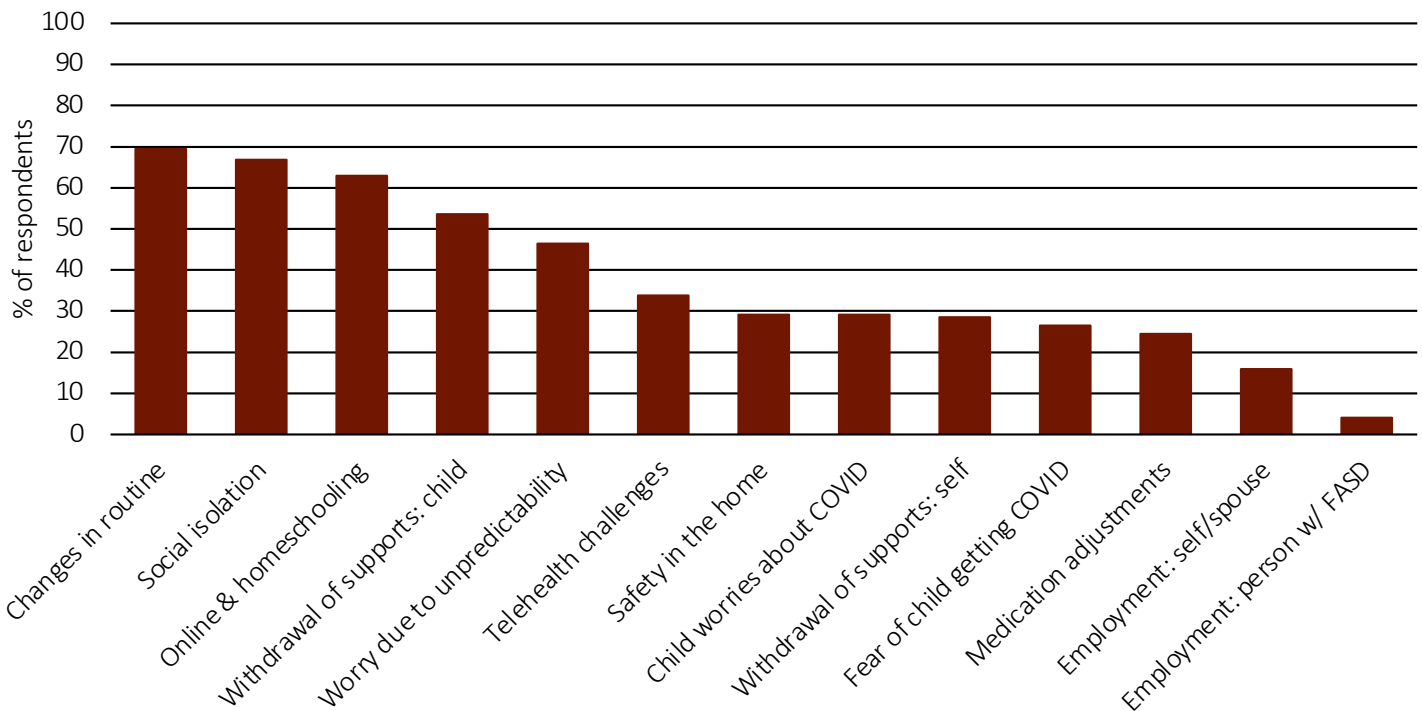
### Participant Snapshot

- **More than 260 caregivers** have responded as of May 2026
- Most participants identify as women and live in Canada
- We launched our **3-year follow-up survey** in July 2025 and have heard from more than **20 caregivers so far**



151 caregivers in our research reported on their experiences with COVID-19. They were asked:

**“In the midst of the ongoing pandemic, which of the following concerns are relevant in your role as a caregiver?”**



Several caregivers reported that concerns improved over time, but some remained:

**“Life is back to pretty much normal except we no longer have respite supports, which is a huge loss for us.”**

## Key Findings

# What This Means for Moving Forward



COVID-19 revealed gaps in our systems. Weaknesses were exposed, and some have persisted since the pandemic. Research helps us to identify opportunities for building more robust support systems.

## Opportunities for Support

- ▶ **Redefining respite:** personal networks and shared caregiving arrangements
- ▶ **Structured activities and routines** with built-in short breaks can offset day-to-day stress
- ▶ **Virtual options and technology** have expanded for health, educational, extracurricular, and support programs
- ▶ **Systems-level changes** are needed to improve navigation for caregivers: less restrictive eligibility criteria, simplified application processes, more flexible program structures and supports, consistent and reliable social connection, wraparound support for whole family system

Crittenden et al., 2025; Parmar et al., 2024; Pozniak et al., 2024; Utz et al., 2025

The pandemic sparked some movement; we have a long way to go but there are some spaces we can step into to better support caregivers and families.



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

## New Research & Resources

### Recently Published Studies

- [Pandemic challenges for children and families](#)
  - [Parent and caregiver perspectives](#)
- [Community frontline care support perspectives](#)
- [Impacts of COVID on immune and mental health](#)

### Other Resources

- [Advocacy Skills for Caregivers](#)
- [Optimizing Support for Family Caregivers](#)
- [Integrated Supports for Families: Action Plan](#)
  - [Caregiver coping: Tip sheet](#)