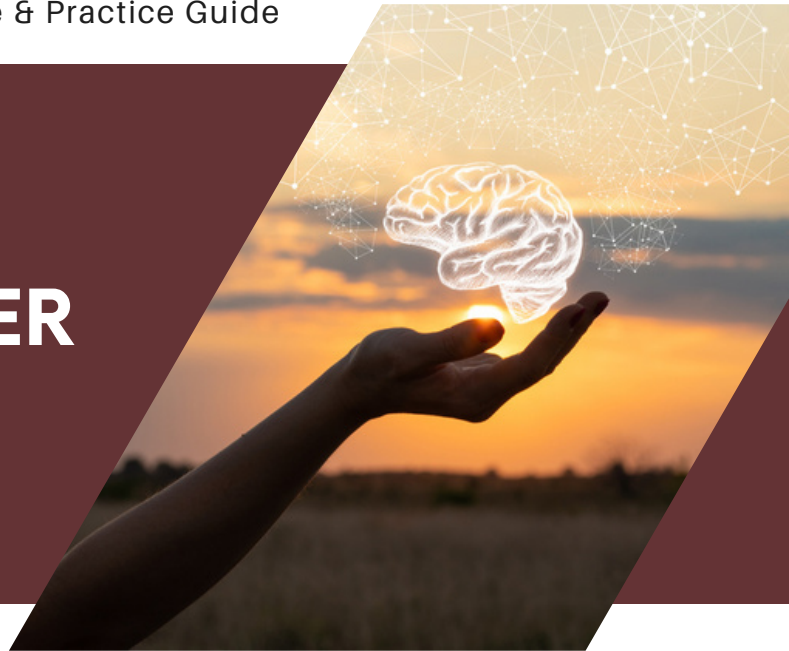


FETAL ALCOHOL SPECTRUM DISORDER

General information for people with FASD, their caregivers and families.

Document is based on Strategies for Individuals with FASD by Northeast Alberta FASD Network



HAVE YOU BEEN DIAGNOSED WITH FASD?

- The process of being diagnosed with FASD can be challenging and emotional.
- It is okay to talk about it, to seek help, and to continue to explore what the diagnosis means to you.
- It may take time to accept a diagnosis and understand the emotions you are feeling, that is okay, give yourself permission to take the time you need and feel your feelings.

WHAT IS FASD?

①

A lifelong disability

FASD is a lifelong disability and people grow and change over time in terms of capacities and goals.

②

Affects the brain & body

FASD impacts a person's brain (e.g., memory) and the body (e.g., physical challenges such as arthritis, scoliosis, pain)

③

Strengths & challenges

Each person with FASD has both challenges and resources, strengths, and assets that should be promoted and supported.

WHY DO I HAVE FASD?

It is common to question why this happened to you or why you have FASD. FASD is a term used to describe the impacts on the brain and body of someone prenatally exposed to alcohol (i.e., exposed to alcohol in the womb)

There are many reasons why your mother or birth parent may have drunk while pregnant:

- They may not have known they were pregnant when consuming alcohol
- They may not have known that drinking alcohol while pregnant would impact you
- They may have had a difficult time with alcohol and were unable to access help

"See when my mom was pregnant with me, she didn't have a lot of supports...she was very young...was living in a large city...didn't know where to go to get these supports... she just didn't have the support she needed"

(Myles Himmelreich, [Prevention Institute](#)1, 2017)

RECOGNIZING STRENGTHS

You have unique strengths that are important to know and use. Below are some strengths that you may have, along with many others. Can you identify some of your strengths?

**Creative, Artistic, Funny, Social, Friendly, Polite,
Understanding, Open-minded, Smart, Ambitious
AND MANY MORE!**

What strengths do you have? Write them down here:

ADDITIONAL RESOURCES

- [What is FASD?](#)
- [Basic Information: CanFASD](#)
- [Videos about FASD: Manitoba FASD Coalition](#)