

## SECTION 1

# INTRODUCTION TO FASD

Over 1.5 million Canadians  
are estimated to have FASD



### FETAL ALCOHOL SPECTRUM DISORDER (FASD)

- FASD is a lifelong disability that impacts the brain and body of people prenatally exposed to alcohol
- Individuals with FASD possess unique strengths and challenges
- FASD is one of the most common developmental disabilities in Canada
- Individuals with FASD can experience mental health challenges across their lifespan

### MISCONCEPTIONS OF FASD

Misconceptions	Facts
Individuals with FASD “look different” or have a distinctive appearance	Most individuals do not present with the characteristic facial features
People with FASD will have a low IQ	IQ scores are often in the normal range, and can vary from intellectual disability to above average
People with FASD have shorter lifespans	There is no evidence that people with FASD have shorter lifespans and challenges can be addressed with support
FASD only impacts certain communities or groups	FASD occurs in all aspects of society regardless of social, ethnic, or cultural background

### FASD & STIGMA

- Stigma has important implications for individuals with FASD and their families
- Judgement, stereotypes, and marginalization can be common
- Stigma creates significant barriers to support
- It is important to examine misconceptions and implicit biases that could inadvertently impact work with clients