

## SECTION 2

# UNDERSTANDING PEOPLE WITH FASD



**Strengths:** Individuals with FASD possess a myriad of strengths that can be leveraged in mental health support

Examples:

- Strong self-awareness
- Receptiveness to support
- Capacity for human connection
- Perseverance through challenges
- Hope for the future

### **REFRAMING BEHAVIOUR**

*Reframing challenging behaviour from an FASD-informed understanding allows for successful assessment of needs, strengths, and strategies to better support someone.*

**Challenges:** There are important areas of difficulty associated with FASD; the degree of challenge will vary for each person

Examples:

- Challenges with memory and abstract concepts
- Sensory processing difficulty
- Decreased mental stamina
- Difficulty with language and communication
- Challenges with adaptive skills (e.g., impulsivity)
- Physical health problems

## FASD THROUGH THE LIFESPAN

People with FASD can experience different challenges across their lifespan.

The following are areas of challenge that people may experience:

Childhood	Adolescence	Adulthood
Developmental delays, issues with emotional and behavioural regulation, social difficulties, challenges with abstract ideas, lack of focus/hyperactivity	Increased behavioural and emotional regulation difficulties, challenges with critical thinking/judgement, challenges in school, issues with self-esteem, impulsivity	Challenges with education/employment, difficulty with independent living, issues with adaptive and social skills, mental health challenges and/or diagnoses