



FASD *in* ADULTHOOD

Join Our
Support Circle
4th Saturday
via ZOOM

What is FASD?

FASD is the term used to describe the range of disorders that can occur from prenatal alcohol poisoning. It is a complex, neurodevelopmental disorder. Harm can occur during all stages of the pregnancy. Learning, cognition, and behavior are typically affected. Most people with FASD have a typical IQ, making it hard to understand or even see.

Transition Timing

Postponing the transition to adulthood can be helpful. An 18-year-old with FASD may be developmentally be much younger. Work with your adult at their developmental age, not chronological. Reset your expectations and think of the transition to adulthood in stages.

RETHINK SUCCESS

Symptoms

quick temper, aggression, verbal outbursts
confabulation (looks like lying)
distraction, Inattention, flat affect, disengaged
inability to do everyday tasks
school difficulties, Social difficulties

Transition Challenges

support and feed oneself
manage housing and money
personal safety and health relationships
transportation

The Invisible Disability

FASD is often invisible. People affected may not have outward facing signs of a disability. While developmental dysmaturity is a distinguishing trait among people with FASD, expressive language is often high. This can trick everyone into thinking someone with prenatal alcohol exposure is more capable than they are, leading to unrealistic expectations and failure. The frustration from these expectations and the permanent brain damage in a person with FASD can lead to high anxiety and a variety of unwanted behaviors.

Support

Because brain damage is life long, most adults with FASD continue to need assistance. An adult with FASD often functions as well as their support system functions and their willingness to accept help. The level and need will be different for each person, however, in FASD, the life goal is typically not for independence but interdependence, with identified adults stepping in as coaches. Coaches can help with things like appointments, managing money, paying bills, finding and keeping a job, help identify and understand harmful situations, etc.

**QUESTIONS?
WE LOOK FORWARD TO HEARING FROM YOU!**