The Support I need

**From Age 0-2:**
- Sensory integration issues including aversion to touch, light and sound are common.
- Failure to thrive due to feeding difficulties
- Significant difficulties in emotional regulation
- Sleeping patterns may be disrupted
- Major developmental milestones are missed.

**From Age 2-5:**
- Problems learning and understanding language
- Children are easily overstimulated
- Struggles with transitions and activity changes
- Hyperactivity
- Oppositional behaviours
- Difficulties in learning through consequences

**From Age 5-10:**
- Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours
- Difficulties in planning and following routines
- Major sleep problems
- Inappropriate sexual behaviours
- Sensory issues and environmental sensitivities

**From Age 10-15:**
- Children with FASD are easily influenced by peers
- Behaviour issues escalate and may include theft, lying and physical violence
- Struggles with abstract concepts like money and time
- Lack of empathy and significant social difficulties
- Underdeveloped emotion regulation skills

**Adulthood and Beyond:**
- Adults often appear more competent than they are
- Difficulty holding employment
- Involvement with the legal system
- Unintended pregnancy and parenthood
- Continued risky/impulsive behaviours
- Addictions

**The Challenges FOR A PERSON WITH FASD CAREGIVER!**

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**Respite**
- I need access to respite so I can restore my own emotional reserves

**Early Intervention**
- I need access to early intervention to help me maximize my child’s skill development

**Specialists**
- I need access to specialists that can help with developmental delays

**Disability Funding**
- I need access to additional funding to support my child’s life-long needs

**Educational Support**
- I need a school with funding to provide my child with individualized educational support

**Training**
- I need training on meeting challenges, caring for myself and helping my child succeed

** Behavioural Support**
- I need access to specialists that can advise me on dealing with difficult behaviours

**Community Programs**
- I need community programs that give my child a chance to be social and successful

**Medical Professionals**
- I need medical professionals that understand the challenges OF FASD

**Information and Planning**
- I need information on what options exist for my child in adulthood

**Legal Help**
- I need access to legal advice related to lifespan planning and any legal system problems

**Financial Resources**
- I need to know that the person I have cared for will have ongoing financial support

**My Caregiving Job**

- Foster healthy attachment through responsive caregiving
- Learn my child's likes and dislikes
- Provide a controlled and stable environment for my child
- Seek early intervention and occupational therapy programs
- Establish regular routines with extra attention to activity transitions
- Provide extra opportunities for language learning
- Learn the early signs of overstimulation and behaviour issues
- Exercise patience and consistency
- Develop a learning plan with my child’s school and teacher
- Provide a consistent, predictable routine
- Modify my child’s environment to reduce sensory stresses
- Address challenging behaviours immediately as they develop
- Monitor behaviour and friends closely
- Seek professional help for major behaviour issues
- Create a plan with my child to address emotional episodes
- Teach my child about social situations with many cues and reminders
- Proactively talk about major issues like sex, drugs and alcohol use
- Get help immediately for extreme behaviours or psychological symptoms
- Plan for my child’s adulthood including trusteeship & guardianship
- Talk about my child’s goals and dreams
- Continue to provide support with daily living activities
- Ensure a safe and supportive living environment
- Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges

**My Job is not Easy. My Child will face Challenges. But with Support...**

**We can Succeed!**

This peer reviewed poster reflects best practice and care for individuals and caregivers from a lifespan perspective. Please share this resource with families, professionals and communities. A Caregiver Resource Guide was also created in this series with the support of the Alberta FASD Cross Ministry Committee Supports & Services, Education & Training Council Dorothy Badry & Jamie Hickey, 2016

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