

All about me and FASD

A diagnosis of Fetal Alcohol Spectrum Disorder can tell you many important things you need to know about:

- Learning needs
- Behaviours
- Relationships
- Social needs

FASD is commonly referred to as an *invisible condition*. Most people impacted by FASD are not diagnosed. That means that many people with FASD do not know it and may look like they are doing fine. However, a person with FASD can experience a number of difficulties if they do not get the right supports.

Challenges can be with things like:

- Acting impulsively, then later not remembering why they behaved a certain way
- Trouble remembering important dates, events, or things they need to do.
- Misdiagnosed with other things like ADHD or Learning Disabilities.
- Going along with what everyone else may be doing without considering what is best for them.
- Getting into trouble or high-risk behaviors, but not fully understanding how it happened.



The first step is to **determine if you have a diagnosis or if an assessment is needed.**

The next step is to **get connected to a trustworthy support system that can help you decide what is best for you** and explain your choices in a way you can understand.

“I have a diagnosis of FASD”

What you can do:

- Contact your local FASD network



ConnectFASD will help you find a place that can properly assess what is going on for you, and help you find involvement with FASD informed supports and services in your community.

- Get help to know about your diagnosis; [What is FASD?](#)
- Get help to make a plan to live your best life.

“I don’t have a diagnosis, but I suspect I am living with FASD”

Things you can consider:

These signs are related to FASD:

- History of Prenatal Alcohol Exposure (PAE) – was there alcohol use in pregnancy?
- Other diagnosis, such as ADHD or Autism – You may already have another diagnosis, but it may not explain everything that is happening for you.
- Do you sometimes feel:
 - Easily distracted
 - “Sensory overload” with things like noise, strong smells, bright flashing lighting,
 - Like you are getting in trouble often, without meaning to

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- Do you sometimes feel you have a hard time:
 - understanding complicated language,
 - understanding long instructions,
 - expressing yourself to others so you feel they fully understand.
 - containing your frustration when you are overwhelmed.
- Do you have difficulty keeping employment or housing because the expectations feel difficult?

If you are experiencing anything above, contact your local FASD network or professional and/or natural supports that can help. ConnectFASD will work with you to find an assessment, or to build a community of supports, or listen if you need to talk.



Talk to us at ConnectFASD for more information about our support programs and services.

connectfasd.ca

866 601 3273 (FASD)

info@connectfasd.ca



FOR FURTHER READING:

[Read our other Factsheets here](#)

Calgary Fetal Alcohol Network. (2016). Best & Emerging Practices for Individuals and Families affected by FASD throughout the Lifespan. Best & Emerging Practices for Individuals and Families affected by FASD throughout the Lifespan.

Proof Alliance (2019). How do I know if I have an FASD? [How Do I Know if I Have an FASD? :: Disability :: Resources :: MOFAS \(proofalliance.org\)](#)

Get Real AB. (2021). [Challenges of FASD. Challenges of FASD – Let's Get Real Alberta \(getrealab.ca\)](#)

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Medalia, A. & Revheim, N. (2002). Dealing with cognitive dysfunction associated with psychiatric disabilities: A handbook for families and friends of individuals with psychiatric disorders. Albany, NY: New York State Office of Mental Health.