



What Exactly is Adaptive Functioning?

Adaptive functioning or adaptive behaviour describes age-appropriate skills that are required for us all to live independently, safely, and within societal expectations in daily life. Examples include real life skills such as personal hygiene, safe food handling and preparation, money management, maintaining interpersonal relationships, taking transportation, and more.

Research and experience demonstrate that the adaptive functioning of individuals with FASD is often significantly impaired compared to expectations for age or even cognitive abilities. Over-representation of secondary disabilities later in life, such as problems with employment, parenting, the law and school, further illuminates the challenges with adaptive functioning faced by many individuals with prenatal alcohol exposure.

Adaptive behaviour assessments help determine what strengths and weaknesses should be addressed to improve the individual's possibility for success in school, at home and in the community. Assessment for adaptive behaviour is usually completed in an interview format with parents or caregivers who live with the individual and can speak to their daily living abilities. It is a fundamental component of FASD diagnosis.

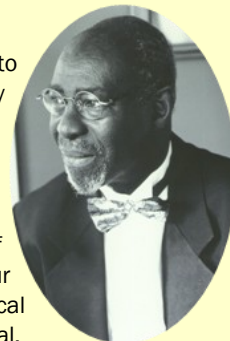
Domains evaluated in adaptive functioning assessments vary, but include general components on social and communication skills, motor skills, personal living skills and community living skills. It is valuable to prepare yourself before completing an adaptive behaviour interview; take time to consider the individual and their particular strengths and needs for independent functioning. What is the person able to do on their own, if they were not able to access the direct support of those caring for them? For example, a child may be able to make themselves a sandwich, but are they able to make that sandwich without a parent offering step-by-step instructions from the sidelines?

Remember that adaptive functioning does not necessarily correlate with an individual's other abilities; it may differ between home, school and community because of difficulties in transferring skills between environments. It is crucial to start teaching daily living skills from a young age; it is not uncommon for people with FASD to require direct instruction and supervised practice to learn behaviours that we may assume would be learned spontaneously.

Research and experience demonstrate that individuals with FASD have greater challenges with daily living skills than peers their age, and require additional supports throughout their lifetime. Caregivers often encounter increased levels of stress, and must prioritize self care.

Dr. Asante Receives the Dr. Judith Hall Award

Each year the BC Pediatric Society presents the Dr. Judith Hall award to recognize excellence in "research, policy development, community involvement and improving the status of, or empowering pediatricians." The 2011 award honoured our own Dr. K.O. Asante for his identification and publication on FAS, and his ongoing advocacy for individuals with FASD culminating in the opening of the Asante Centre in 2000. Dr. Asante has demonstrated his lifelong commitment to awareness of FASD, earning recognition for his work in the field over the past four decades. Dr. Judith Hall is Professor Emeritus of Pediatrics and Medical Genetics at UBC, and was the head of Pediatrics at BC Children's Hospital.



If you would like to be removed from the newsletter mailing list, please contact the Asante Centre at newsletter@asantecentre.org.

Mark Your Calendars

"Totally Beautiful" and "The C.R.E.W." Groups
Starts October 11, 2011, Alternating Tuesdays
Chuck Bailey Recreation Centre, Surrey
www.asantecentre.org/news.html

Sensory Processing in School, Home, and Community

October 13-14, 2011
Oakville Conference Centre, Oakville, Ontario
www.asantecentre.org/news.html

Speaking of Kids Conference

October 21, 2011
Killarney Secondary School, Vancouver
www.asantecentre.org/news.html

FAST Club and BrainGamer Club

January, 2011 (winter start date)
University of the Fraser Valley, Abbotsford
<http://www.ufv.ca/kpe/FASTclub.htm>

4th Annual FASD Fall Conference

November 4-5, 2011
Douglas College, New Westminster Campus
www.pcrs.ca/fasd

Bloom Where You are Planted: Parent Retreat

November 4-5, 2011
Sandman Inn, Regina, Saskatchewan
www.asantecentre.org/news.html

Alberta FASD Conference: Promising Practices, Promising Futures

November 21-22, 2011
Hyatt Regency Hotel, Calgary, Alberta
<http://www.fasd-cmc.alberta.ca/>

5th National Biennial Conference on Adolescents and Adults with FASD

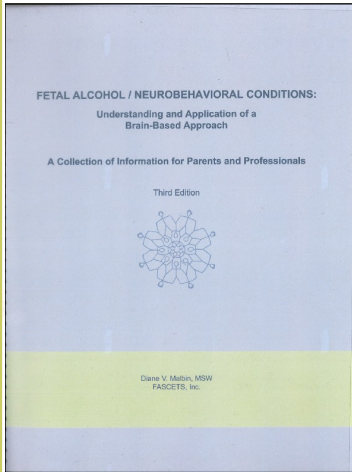
April 18 - 21, 2012
The Hyatt Regency, Vancouver
www.interprofessional.ubc.ca



THE ASANTE CENTRE
for fetal alcohol syndrome

103-22356 McIntosh Ave. phone (604)467-7101
Maple Ridge, B.C., V2X 3C1 fax (604)467-7102
www.asantecentre.org toll free 1-866-FAS-7101

Fetal Alcohol/Neurobehavioral Conditions: Understanding and Application of a Brain-Based Approach; A Collection of Information for Parents and Professionals: Third Edition, by Diane Malbin of FASCETS



The classic and favourite resource of many has been revised to include new information and useful updates! Originally developed as materials to support lectures and coursework, *Fetal Alcohol/Neurobehavioral Conditions* (FA/NB) has evolved into a comprehensive workbook style text encompassing current information about FASD and other neurobehavioral conditions. The central theme of the book is that FA/NB is synonymous with physical changes in the brain which is the basis of all behaviour; the information is intended to educate on what those changes may mean for individuals and families in daily life, and what we can all do to be supportive.

The information benefits from the inclusion of stories of individuals with FASD and their families throughout, beautifully complementing the research findings and reminding the reader in human terms what advances can be made when we move from frustration to understanding. Diane Malbin masterfully outlines a broad variety of topics as they relate to individuals prenatally exposed to alcohol, including: social context and history of FASD, identification and diagnostic criteria, the links of brain function with behaviour, sensory defensiveness, primary, secondary and tertiary characteristics, overlapping diagnoses, burnout and self care, environmental accommodations, resiliency, common challenges of FASD, general guidelines of support, the FASCETS neurobehavioral screening tool, considerations for adolescents and adults including sexuality, addictions and treatment factors, teaching and learning about FASD, barriers to prevention and identification, addressing myths, and additional resources.

Diane Malbin, M.S.W., is a clinical social worker and consultant who provides support services, program development and technical assistance to individuals, families and agencies. She is the founder of FASCETS (Fetal Alcohol Syndrome Consultation, Education and Training Services, Inc.), a non-profit organization whose mission is to disseminate information, provide training, program adaptation and implementations for people with FASD, parents and professionals. Diane's published works have been presented nationally and internationally, incorporating her expertise and personal experience from raising two children with FASD. She is the voice behind the paradigm shift, "trying differently rather than harder."

The Asante Centre held its Annual General Meeting and official launch of the curriculum "FASD and Communication Disability: Strategies for Youth in the Legal System" on September 28, and would like to thank all those who made the event a success. The following individuals and organizations were recognized this year for their outstanding service:

- ◆ Business Contributor of the Year: RE/MAX LifeStyles Realty
- ◆ Individual Contributor of the Year: Gord Kehler, B.A., LL.B.
- ◆ 5 Year Service Award: Dr. Deborah Hewes, Dr. John Archer, Patricia Andersen



Getting Connected: FASD Fall Conference

The FASD Collaboration Roundtable is pleased to be hosting the 4th Annual FASD Fall Conference to be held this Friday, November 4th and Saturday, November 5th, 2011 at Douglas College's New Westminster campus. This year's theme, "Getting Connected," speaks to the importance of community support and having at least one "go-to" person on whom a person with FASD can rely. The conference is renowned for its local celebration of promising FASD initiatives, and for its accessibility to both professionals and parents/caregivers of all backgrounds.

The conference offers affordable registration fees, limited subsidies for families, and free child and youth minding on the Saturday. For more information, visit www.pcrs.ca/fasd, or the Asante Centre website. Inquiries can be sent to fasdcollaboration@pcrs.ca.



Welcome to New Speech-Language Pathologist!

WELCOME The Asante Centre is please to welcome Rita Francis (MSc., RSLP-Conditional) as our new speech-language pathologist! After completing her bachelor's degree, Rita worked for Vancouver Coastal Health (VCH) as a preschool and Kindergarten hearing and vision screener, as well as a clinical assistant for several programs, including youth sexual health, Gilwest HIV and Hep-C, and bariatric nutrition counselling. Rita has developed a passion for public health and working with a variety of individuals and families. She also became particularly interested in working with children and youth who were experiencing difficulties with communication, behaviour, and attention. Rita graduated from the UBC Speech-Language Pathology program in the spring and is excited to be a member of the team at the Centre. She is providing therapy for people with speech and language deficits, as well as working on the multidisciplinary FASD and Autism assessment teams.

The subject matter contained in this newsletter does not necessarily represent the opinions and ideas of the Asante Centre. The Centre does not endorse or guarantee any information, products or services discussed, and cannot be held responsible for the use or misuse of its contents.

What can you do? Become a member of the Fetal Alcohol Spectrum Disorder (FASD) Society for British Columbia!

Name/or Organization: _____

Mailing Address: _____

Phone: _____

Email: _____

Your Charitable Donations are appreciated.

Donation (tax receipt provided): _____

Send cheque or money order to:
 Fetal Alcohol Spectrum Disorder (FASD) Society for B.C.
 103-22356 McIntosh Ave. phone (604)467-7101
 Maple Ridge, B.C., V2X 3C1 fax (604)467-7102
www.asantecentre.org toll free 1-866-FAS-7101

or become a member on our website: www.asantecentre.org
 Email: info@asantecentre.org

THANK YOU FOR YOUR SUPPORT!