

HELP ME

understand

my FASD assessment!

Advice from people with FASD...

1. Make sure someone I know and trust brings it up for the first time. Don't gang up on me.
2. I will not show up if I do not have someone who I trust to take me.
3. Treat me with compassion and care. Make me feel comfortable.
4. Know that some parts of the assessment will trigger me. Be patient or I will get angry, upset, or leave.
5. See me for who I am, not just another person with FASD.
6. Help me understand how FASD affects me.
7. Avoid the word birth defect. I need to know FASD affects my brain, not just my body.
8. Tell me what I'm good at. If I'm a teenager, be even more strengths-focused.
9. Don't limit what I can do. Help me be positive and give me tools to help.
10. Let me know I am not alone. There are lots of people with FASD, and lots of people to help me be successful.



- Doctors may have an obligation to share information about my assessment, but saying the wrong thing at the wrong time can trigger terrible things. Let me choose when and how I find out.
- Explain my assessment honestly, in a caring way. If you beat around the bush, I will get confused or learn to be ashamed.
- Make sure I have a counsellor or someone else to talk to about my diagnosis and other parts of my story. I will be angry and sad, and that's okay. I have a right to be. If you don't help me heal, I'll self-medicate.
- Include me in my care planning. I won't do anything because you said so. Make it visual and keep it short to help me participate.
- Teach me where I can ask questions when I have them later in my life.
- Remember, you might diagnose people with FASD every day. For me, you just turned my world upside-down. Give me a second to breathe. Tell me I'm going to be okay.

“I never even heard about FASD, but once I was diagnosed it helped me to understand myself better.”

– Jason, adult with FASD

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