

HELP ME

understand

my FASD!

Advice from people with FASD...

1. Make sure you know me, and I know you before we talk. You have to be safe.
2. Be forthright and honest. If you beat around the bush I will get confused or learn to feel ashamed. I deserve to know why some things are hard.
3. Show me that FASD is not a death sentence. Some things will be hard, but with the right tools I can be a success.
4. Teach me how to help myself, because I will worry. Explain how nutrition, exercise, sleep, and relaxation help my brain and body stay healthy as I get older.
5. Look for teachable moments to help me understand myself. I might ask questions, or notice when something is hard.
6. Help me realize that learning about myself, including my FASD, is a lifelong thing. I can always ask questions.
7. Introduce me to other people with FASD. They will understand things about me that you cannot.
8. Be careful which resources you share. Find ones that work for me, remind me of me, and that offer me hope. Don't let me Google the scary stuff.
9. Show me that it's okay to be angry, upset, or grieving my FASD or other things in my life. This is my right. I need you to help me heal, or I will self-medicate.
10. Teach me who I should tell about my FASD, how, and when.



Remember:

- If you break my routine, I'll forget.
- Give me appropriate expectations. I'll give up if things are too hard. I'll give up if they are too easy.
- I burn out faster because my brain is working really fast, really hard, all the time. I need more sleep and relaxation than you.
- Be my ears. Help me listen, understand, and remember things that others tell me.
- Pat attention to my physical needs. I may need to eat, sleep, or regulate my stress.
- Never tell me that I can overcome FASD if I try harder. Trust me, I'm trying hard.
- Show me that asking for help is okay.

"I always like to have somebody with me, because it's amazing how the brain works and doesn't comprehend a lot of stuff."

– Brenda, adult with FASD

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