

# SUPPORTS

Some Challenges	Supports Needed	Caregiver's Role
<p><b>Age 0-2:</b></p> <ul style="list-style-type: none"> <li>• Sensory integration issues including aversion to touch, light and sound are common</li> <li>• Failure to thrive due to feeding difficulties</li> <li>• Significant difficulties in emotional regulation</li> <li>• Sleeping patterns may be disrupted</li> <li>• Major developmental milestones are missed</li> </ul>	<p><b>RESPIRE</b> I need access to respite services so I can restore my own emotional reserves.</p> <p><b>EARLY INTERVENTION</b> I need access to early intervention to help me maximize my child's skill development.</p>	<ul style="list-style-type: none"> <li>• Foster healthy attachment through responsive caregiving</li> <li>• Learn my child's likes and dislikes</li> <li>• Provide a controlled and stable environment for my child</li> <li>• Seek early intervention and occupational therapy programs</li> </ul>
<p><b>Age 2-5:</b></p> <ul style="list-style-type: none"> <li>• Problems learning and understanding language</li> <li>• Children are easily overstimulated</li> <li>• Struggles with transitions and activity changes</li> <li>• Hyperactivity</li> <li>• Oppositional behaviours</li> <li>• Difficulties in learning through consequences</li> </ul>	<p><b>SPECIALISTS</b> I need access to specialists that can help with developmental delays.</p> <p><b>DISABILITY FUNDING</b> I need access to additional funding to support my child's life-long needs.</p>	<ul style="list-style-type: none"> <li>• Establish regular routines with extra attention to activity transitions</li> <li>• Provide extra opportunities for language learning</li> <li>• Learn the early signs of overstimulation and behaviour issues</li> <li>• Exercise patience and consistency</li> </ul>
<p><b>Age 5-10:</b></p> <ul style="list-style-type: none"> <li>• Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours</li> <li>• Difficulties in planning and following routines</li> <li>• Major sleep problems</li> <li>• Sensory issues and environmental sensitivities</li> </ul>	<p><b>EDUCATIONAL SUPPORT</b> I need a school with funding to provide my child with individualized educational supports.</p> <p><b>TRAINING</b> I need training on meeting challenges, caring for myself and helping my child succeed.</p>	<ul style="list-style-type: none"> <li>• Develop a learning plan with my child's school and teacher</li> <li>• Provide a consistent, predictable routine</li> <li>• Modify my child's environment to reduce sensory stresses</li> <li>• Address challenging behaviours immediately as they develop</li> </ul>
<p><b>Age 10-15:</b></p> <ul style="list-style-type: none"> <li>• Children with FASD are easily influenced by peers</li> <li>• Behaviour issues can escalate and may include theft, lying and violence</li> <li>• Struggles with abstract concepts like money and time</li> <li>• Lack of empathy and significant social difficulties</li> <li>• Underdeveloped emotion regulation skills</li> </ul>	<p><b>BEHAVIOURAL SUPPORT</b> I need access to specialists that can advise me on dealing with difficult behaviours.</p> <p><b>COMMUNITY PROGRAMS</b> I need community programs that give my child a chance to be social and successful.</p>	<ul style="list-style-type: none"> <li>• Monitor behaviour and friends closely</li> <li>• Seek professional help for major behaviour issues</li> <li>• Create a plan with my child to address emotional episodes</li> <li>• Teach my child about social situations with many cues and reminders</li> </ul>
<p><b>Age 15-20:</b></p> <ul style="list-style-type: none"> <li>• Sexual health, drugs and alcohol use are risk areas</li> <li>• Continued struggles with impulse control, planning and understanding abstract concepts (math etc.)</li> <li>• Oppositional behaviours and possible violence</li> <li>• Depression and other disorders may appear</li> <li>• Reach legal adulthood – developmentally immature</li> </ul>	<p><b>MEDICAL PROFESSIONALS</b> I need medical professionals that understand the challenges of FASD.</p> <p><b>PLANNING</b> I need information on what options exist for my child in adulthood.</p>	<ul style="list-style-type: none"> <li>• Proactively talk about major issues like sex, drugs and alcohol use</li> <li>• Get help immediately for extreme behaviours or psychological symptoms</li> <li>• Plan for my child's adulthood, trusteeship &amp; guardianship</li> <li>• Talk about my child's goals and dreams</li> </ul>
<p><b>Adulthood and Beyond:</b></p> <ul style="list-style-type: none"> <li>• Adults often appear more competent than they are</li> <li>• Difficulty holding employment</li> <li>• Involvement with the legal system</li> <li>• Unintended pregnancy and parenthood</li> <li>• Continued risky/impulsive behaviours</li> <li>• Addictions</li> </ul>	<p><b>LEGAL HELP</b> I need access to legal advice related to lifespan planning and any legal system problems.</p> <p><b>FINANCIAL RESOURCES</b> I need to know that the person I have cared for will have ongoing financial support.</p>	<ul style="list-style-type: none"> <li>• Continue to provide support with daily living activities</li> <li>• Ensure a safe and supportive living environment</li> <li>• Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges</li> </ul>

**INDIVIDUALS WITH FASD EXPERIENCE DIFFERENT CHALLENGES AT DIFFERENT STAGES OF LIFE AND THEY NEED SUPPORT ACCORDING TO THE CHALLENGES THEY FACE**

<sup>3</sup> This table was modified with permission from D. Badry. [https://canfasd.ca/wp-content/uploads/2019/03/Caregiver\\_ENG\\_2019-Final.pdf](https://canfasd.ca/wp-content/uploads/2019/03/Caregiver_ENG_2019-Final.pdf)