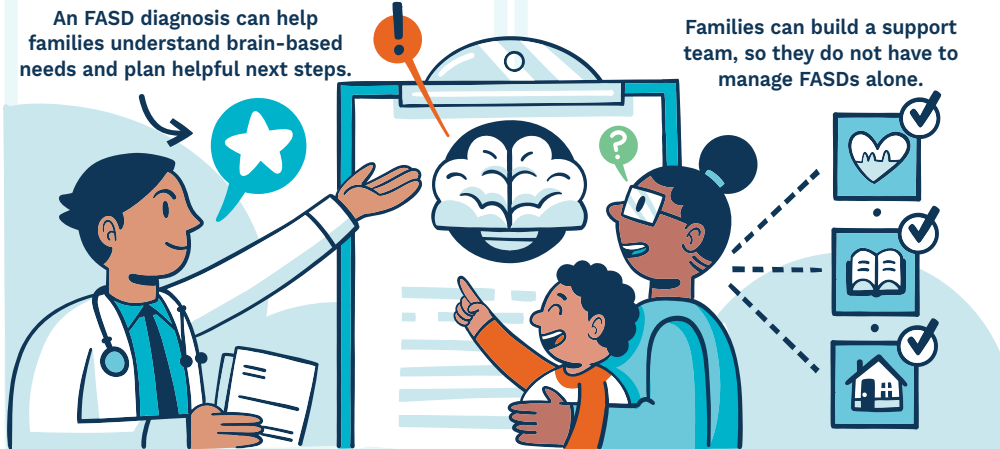


WHAT TO DO NOW AND LATER

AFTER A FETAL ALCOHOL SPECTRUM DISORDER (FASD) DIAGNOSIS

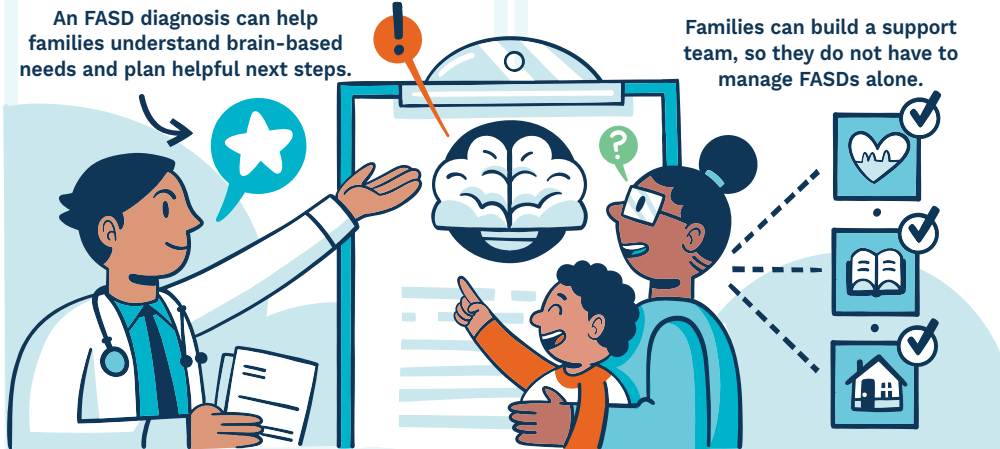
UNDERSTANDING THE DIAGNOSIS

An FASD diagnosis can help families understand brain-based needs and plan helpful next steps.



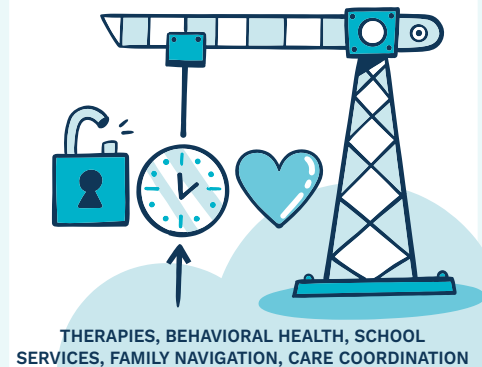
BUILD YOUR SUPPORT TEAM

Families can build a support team, so they do not have to manage FASDs alone.



START SUPPORT EARLY

Early services and accommodations can build skills and reduce crises.



STRUCTURE AT HOME AND SCHOOL

Predictable routines, clear expectations and school supports can make daily functioning easier.



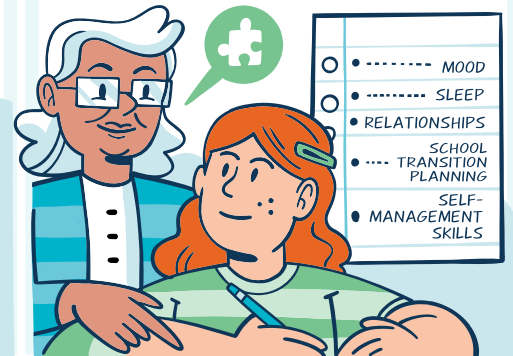
CARE FOR THE CAREGIVER

Caregiver well-being is part of sustaining support over time.



PLAN FOR ADOLESCENCE

As expectations increase, teens may need continued support with emotions, planning, safety and independence.



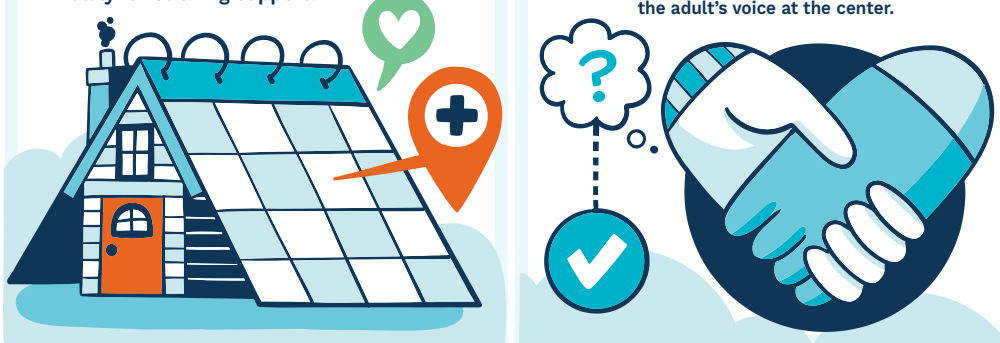
PREPARE FOR ADULT CARE AND SERVICES

Planning ahead helps families prepare for adult health care, services and daily functioning support.



USE SUPPORTED DECISION-MAKING

Trusted supporters can help adults with FASDs understand their choices, ask questions on their behalf and share decision-making while keeping the adult's voice at the center.



KEEP UPDATING RESOURCES

Support can change across life stages. Start with the next useful step, and update resources as needs change.

