



# FAQs

## About Fetal Alcohol Spectrum Disorder (FASD)

OTTAWA

# FASD

## AWARENESS WALK

### What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term that describes the impacts on the brain and body of individuals exposed to alcohol prenatally. It is a lifelong disability.

### How does FASD occur?

A developing baby that is exposed to alcohol prenatally is at risk for permanent damage to the brain and body that may lead to life-long impairments. The damage from alcohol can occur during any stage of pregnancy.

### What are the impacts of FASD?

Individuals with FASD will experience some degree of challenges in their daily living, and may need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges. (CanFASD, 2019)

### How common is FASD?

Current studies indicate that 4% of Canadians have FASD (CanFASD, 2018). Many are undiagnosed or have been misdiagnosed.

### Can FASD be prevented?

The best way to prevent FASD is to abstain from alcohol in pre-pregnancy situations and during pregnancy. There is no safe amount, no safe type, and no safe time to drink alcohol during pregnancy.

### What support is available?

The bilingual Fetal Alcohol Resource Program (FARP) at ABLE2 aims to support the large numbers of people affected by FASD and their families.

Through education and community leadership development the program draws together the resources, skills and knowledge that exists in Ottawa, Prescott Russell, and Stormont, Dundas and Glengarry and provides clinical support and community navigation for individuals with FASD and their families.

### What is the purpose of the 2020 FASD Awareness Walk?

- Spread the word about FASD
- Debunk common myths
- Highlight local support programs and resources
- Bring hope for early diagnosis and intervention
- Celebrate the strength and resilience of individuals with FASD and their families
- Build awareness that each one of us has a role to play in encouraging alcohol-free pregnancies and supporting people with FASD and their families
- Decreasing the stigma surrounding this permanent neuro-developmental disability

### Additional FASD Resources:

<https://www.able2.org/programs/fetal-alcohol-resource-program/>  
<https://fasdontario.ca/>  
<https://redshoesrock.com/>  
<https://www.fasdoutreach.ca/>  
[www.canfasd.ca](http://www.canfasd.ca)

### For More Info about ABLE2's FASD Programs and Support Resources in the National Capital Region:

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### Event-related media inquiries can be directed to iSPARK Consulting:

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