

Glossary of Terms

Helpful FASD Terms

Adaptive Behaviour: Refers to being able to function independently, look after oneself and respond appropriately to daily life stressors.

Affect Regulation: 'Affect' means emotional state or mood. 'Affect regulation' refers to an individual's ability to identify and control their emotions and/or moods.

Cognition: Refers to thinking processes such as awareness and perception of other people and the environment, abstract thinking and critical reasoning. Includes IQ.

Executive Functioning: Refers to a group of higher order thinking processes such as problem solving, planning and organisation, cause and effect thinking and stopping impulses.

Fetal Alcohol Spectrum Disorder (FASD): Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol.

Functional Impairment: Refers to limitations due to disability or illness, which makes it difficult for people to function in their daily lives as would be expected for their age.

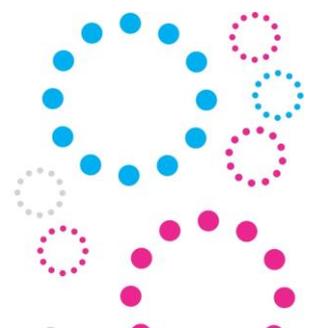
Functional Capacity: Refers to an individual's capability to perform tasks and/or activities that are necessary or desirable, such as work or school tasks.

Impulsivity: Refers to an individual's ability to manage impulses, urges or cravings. High impulsivity means an individual has a poor or limited ability to control impulses, urges or cravings.

Motor Skills: Refers to gross (big) and fine (small) physical skills that are used to get through everyday life. Includes coordination (such as hand-eye coordination), balance, flexibility and sensory input (ability to tolerate force or pressure when applied to the body).

Neurodevelopment: Refers to the development or growth of the brain and other neurological parts of the body, such as the spinal cord and nerves.

Prenatal Alcohol Exposure (PAE): When a fetus comes into contact with alcohol while in the womb.



Presenting Behaviours: Refers to signs, symptoms or actions in an individual which are displayed at a particular time. For instance, professionals will assess 'presenting behaviours' as those signs, symptoms and actions that occur at the time of formal assessment.

Psychosocial Disability: Refers to the experience of people who experience impairments and participation restrictions because of mental health conditions. These impairments can include a reduced ability to think clearly, poor physical health and reduced capacity to manage independently.

Sensory Overload: Refers to the experience of receiving too much sensory information for the brain to process. 'Sensory information' refers to the input received from the five senses – sight, sounds, smell, taste and touch.

Social Skills: Refers to the ability to communicate in social situations, including using language appropriate for the audience and environment, listening to others, taking turns to talk and noticing the non-verbal responses (or body language) of other people.

Strengths: Refers to an individual's positive attributes, skills or talents.

NDIS Terms

The NDIS website has a comprehensive glossary list which explains common terms. You can access the link [here](#).

Where I can find out more information about FASD?

NOFASD Australia is the National Peak Body for parents, carers and individuals impacted by Fetal Alcohol Spectrum Disorder (FASD). Founded in 1999 and funded by the Commonwealth Department of Health, we provide the essential bridge linking those with lived experience with researchers and clinicians.

NOFASD Australia provide a helpline for people impacted by FASD and those wanting information on how to support individuals with FASD. We also maintain an up-to-date comprehensive website with curated resources and links.

If you would like additional information about FASD or to read more about FASD and the NDIS, please visit the [NOFASD Australia website](#).

