

Supports and services for children with FASD

A Factsheet for Parents and Carers (No. 9)

Are there supports and services available to help my child with FASD?

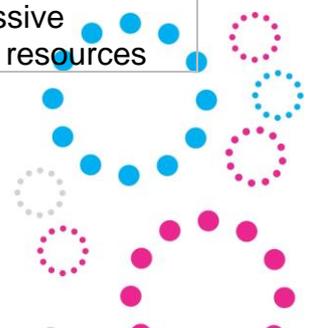
FASD is a spectrum disorder and therefore, no two individuals with FASD are the same, it is important to keep this in mind when looking at services to assist your child. A service which may work for one child, may not work for another. It is important that you consider how your child is engaging in these supports and if it is effective for them.

There has not been a lot of evidence-based research conducted to determine what supports are most suited to children with FASD. Because of this, the list below is mostly from practice-based research and the lived experience of parents and carers of children with FASD.

What supports and services could help my child with FASD?

Please see below a list of supports and services and how these may be helpful for your child.

| Support/Service | How it may help |
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| Animal-Assisted Therapy | This therapy involves using animals (mostly horses or dogs) to assist children to increase their social skills and emotional regulation skills which can assist many areas of the child's life, including improving school behaviour. |
| Play Therapy (Psychologist or Social Worker) | Play therapy does not require verbal skills, so children do not have to rely on the complex task of turning thoughts into words. Play therapy can assist children with FASD to identify and regulate their emotions, provides space for experimenting different ways of being and acting, settles the child's nervous system, and helps children to feel safe and accept themselves. |
| Occupational Therapy | OT's support children and young people to develop their fine and gross motor skills, cognitive skills, social skills and independent living skills to increase success in their daily lives. OT's provide strategies to assist with sensory processing issues. |
| Speech Therapy | Speech Therapists support children with their speech development, including with receptive and expressive language. Speech Therapists can develop visual resources |



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| | and communication programs for children who are non-verbal or developing language. |
| Physiotherapy | Physiotherapists provide treatment to enable children to achieve their own level of functional motor skills like sitting or standing. Toys, games and specialised equipment are used to encourage the development of the child's motor skills, in conjunction with specific handling skills. The physiotherapy program becomes part of the child's activities during the day, as parents are shown the best way to assist their child during day-to-day care and play. |
| Community Activities and/or Hobbies | Provides opportunities to explore and develop hobbies and areas of strength, gain confidence and develop social skills with peers outside of school. |
| Health and Wellness Activities | Health and wellness services could include sports or attending a gym. Your child may benefit by burning off pent up energy and assisting to develop their fine motor skills. Choose an activity, sport or exercise that your child is interested in. |

Please note that these supports and services may not be funded by the NDIS as your Local Area Coordinator (LAC) or Early Childhood Early Intervention (ECEI) Coordinator will work with you to determine supports and services dependant on your child's goals.

Where can I 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](#).

Sources:

Understanding the NDIS Booklet 2: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

How to review a planning decision: <https://www.ndis.gov.au/participants/how-review-planning-decision>

