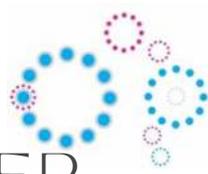


THINKING YOU MAY HAVE ...



FETAL ALCOHOL SPECTRUM DISORDER OR FASD?

Can you confirm or provide reliable evidence that you were prenatally exposed to alcohol?

If yes, circle the areas below that you experience difficulties in with your daily life...Please contact NOFASD for further advice and to connect you with FASD informed practitioners.

If no, please contact NOFASD who may be able to provide you with further advice.

COGNITION/THINKING

Do you feel like it takes you a lot of time to learn a new skill or process things that are happening around you? Did you experience difficulty at school/ work?



EXECUTIVE FUNCTIONS

Do you have difficulty organising yourself, planning your time, starting activities, concentrating or shifting between tasks?



ATTENTION/MEMORY

Do you have trouble paying attention or remembering things? Are you easily distracted and/ or forgetful? Do you have a diagnosis of ADHD or think you may?



MOTOR SKILLS

Do you have any trouble with the following examples - using cutlery, doing up buttons, zips, writing, playing sports, riding a bike?



LEARNING

Do you experience difficulties in learning? For example is reading or writing, spelling or maths difficult for you? Do you have a diagnosis of Dyslexia?



COMMUNICATION

Do you have difficulties communicating with others? Expressing your ideas or understanding what is being told to you?



EMOTIONS

Do you experience anxiety and/or depression? Fluctuations in your mood that are difficult to control? Have you been diagnosed with related difficulties that impact your emotional wellbeing?



SENSORY PROCESSING

Do you experience times when noise, sights, smells, touch or movements are overwhelming? Or perhaps sometimes you seek certain sounds, movements or sensations that help you feel more relaxed or comforted?



LIFE SKILLS

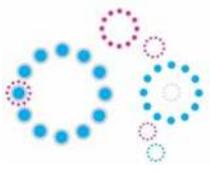
Do you experience difficulties in your daily living activities? This may include self-care routines like personal hygiene. Or difficulties in home activities like cleaning or cooking? Do you need help with community activities like grocery shopping, catching transport? Can you handle money safely? Care for children in your care?



SOCIAL RELATIONSHIPS

Do you have trouble making new friends or socialising with others? Have you had difficulty maintaining relationships with others? or do you have a pattern of building relationships that are considered 'unhealthy' for you?





If you said **YES** to being prenatally exposed to alcohol **AND circled 3 or more boxes** outlining areas of difficulty, it would be worth talking to NOFASD Australia who will help you take the next steps for assessment of FASD.

WHAT DOES ASSESSMENT FOR FASD INVOLVE?

A diagnosis of FASD needs to be made by a multidisciplinary team of professionals, usually including a Doctor, a Psychologist an Occupational Therapist and/or a Speech Pathologist.

It will depend on which boxes or areas of difficulty you identified to determine which specialists you will need in your team.

A GP or Medical specialist: will talk to you about any other medical conditions you may have and your mental health / emotional wellbeing.

A Psychologist: will assess your cognition or your learning abilities including attention and memory.

An Occupational Therapist: may investigate your fine/ gross motor skills, Language/ Learning, attention, Executive functions, and how you manage your everyday life activities.

A Speech Pathologist: will investigate your language skills and learning skills.

You may also wish to involve other supports in your team including family, cultural liaison, careers counsellor, social worker, mental health practitioner, community liaison or other therapists.

WHAT SUPPORTS CAN I ACCESS?

To investigate if you have FASD or not, there are a couple of pathways that may help support you.

1. GP and Medicare: Your GP may be able to connect you with services through Medicare to help fund assessments or access to allied health supports.
2. NOFASD Australia can connect you with professionals who conduct assessments and also provide a 7 day/ week helpline on **1800 860 613**

If you do obtain a diagnosis of FASD **AND** have significant difficulties managing your everyday life, you may be eligible for support through the NDIS if under 65 years of age and an Australian citizen. If over 65, my aged care services may help support you.

**Disclaimer: This document is intended to be a guide only for individuals to determine if they may be experiencing symptoms of Fetal Alcohol Spectrum Disorder (FASD). Answering 'Yes' to any or all of these areas of difficulty does not equate to a diagnosis of FASD. Individuals MUST consult with a multidisciplinary team of FASD informed clinicians to investigate the cause of any difficulties experienced.*