

11

THINGS ABOUT ME

Dear Support Staff

I have Fetal Alcohol Spectrum Disorder (FASD).
You may not know me very well yet but here are 11 things about me that will help you understand how my brain works, and how to bring out the best in me.

MEMORY AND ORGANISATION

1

I have trouble organising my thoughts.

You can help me by giving me some extra time.

2

I can become overwhelmed by multi-step instructions and I forget what to do.

Chunk it down into smaller steps.

3

My working memory is not as good as my peers.

You can help me by prompting me and / or using visuals.

FOCUS AND ATTENTION

4

I can easily lose track of time.

You can help me by checking in with me throughout a task.

5

I find transitions tough.

Please give me warnings of any changes coming up.

6

I'm easily distracted.

Have patience and kindly repeat instructions – you may need to repeat them a number of times.

IMPULSIVITY AND LACK OF INHIBITION

7

My hands and legs feel like they have a life of their own.

You can help me by agreeing on a way to keep them busy so I don't disrupt others.

8

My body needs to move so my mind can be calm.

You can allow me to have regular movement breaks.

9

I can be very chatty and I won't know when to stop.

You can help me by agreeing with me on a discreet signal to remind me to be quiet.

EMOTIONAL REGULATION

10

I hear negative comments all day.

You can help me by finding positive things to build my confidence.

11

I find it hard to control my emotions.

You can help me by providing a safe space for me to cool down without shame.

You are my safe adult and I hope you can see that I am more than the sum of my challenges.