

Developmental Age vs. Chronological Age: Identifying the 'Spiky' Profile of a Person with FASD.



FASD DEVELOPMENTAL AGE PROFILE WORKSHEET

Complete this worksheet by observing independent consistency in daily actions. 'DA' is Developmental Age.

Person's name



Chronological Age

 Years


IQ (if known)



Date Completed

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Communication

	DA
Receptive language	
Expressive language	
Social/pragmatic language	



Memory

	DA
Verbal vs. visual and spatial memory	
Free recall vs. Cue assisted recognition	
Learning efficiency and fluctuation	
Confabulation	



Literacy/Numeracy

	DA
Reading	
Writing	
Spelling	
Mathematic skills	



Executive Functions

	DA
Inhibition/impulse control	
Task initiation and activation	
Mental flexibility and set-shifting	
Planning and organisation	
Self-awareness and personal insight	
Working memory (in execution)	
Novel problem solving and strategy selection	
Self-monitoring and metacognition	



Adaptive/Social Functions

Personal care	
Health and safety	
Travel and transport	
Routines and schedules	
Interpersonal relationships	
Social problem solving	
Social responsibility	
Gullibility and naivety	
Money management	
Time concepts	



Emotional/Behavioural Regulation

	DA
Frustration tolerance	
Anxiety/stress response	
Irritability & rapid mood changes	
Meltdowns and overwhelm	
Co-regulation needs	
Internal mood state & affective volatility	
Oppositional/reactive behaviour	
Rule-breaking under stress	



General Intellectual Abilities (Cognition)

	DA
General Intellectual Capacity (IQ) score	
Capacity for abstraction	
Cause and effect processing	
Cognitive processing speed	
Problem-solving & Skill acquisition	



Motor skills

	DA
Fine motor and Graphomotor control	
Gross motor, balance, & spatial awareness	
Motor planning and praxis	



Attention

	DA
Sustained attention	
Selective/focused attention (distractibility)	
Basic attentional capacity/immediate span	



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