

Fetal Alcohol Spectrum Disorder (FASD)

The hidden disability you may see every day

People involved in out-of-home care play a central role in recognising and supporting the needs of children and young people with FASD.

People with FASD are more likely to encounter correctional services, with 36% of people in youth detention in Western Australia found to have FASD. Children and young people with FASD are 17-19 times more likely to be placed in foster care.

What is FASD?

FASD is a lifelong disability caused by exposure to alcohol before birth.

It presents differently for each person, but potential signs of FASD can include:

- Developmental delay
- Sleep disorders
- Difficulty regulating emotions
- Impulsive or risk-taking behaviours
- Challenges understanding and learning from past mistakes or consequences
- Difficulty making and keeping friends
- Poor memory.

When FASD goes unrecognised, children and young people can be left without the right support, misunderstood, or even blamed for behaviours caused by their disability.

People with FASD have individual strengths and challenges, but all experience some degree of difficulty in everyday life and will likely need support.



For information or support on FASD, phone the NOFASD Helpline on **1800 860 613** or visit **nofasd.org.au**



Learn more about alcohol during pregnancy and breastfeeding at **everymomentmatters.org.au**

This resource is developed by NOFASD Australia and the Foundation for Alcohol Research and Education (FARE). It is endorsed and funded by the Australian Government.