

Tips for Adults with FASD

Daily Life

- Try to follow the same schedule each day and each week.
- Use pictures for daily activities, such as a daily schedule or calendar on the fridge.
- If you have one, use your cell phone to set reminders and help remember.
- Grow your circle of support, including friends, family, neighbors, and supportive professionals. Telling people you trust that you have an FASD can help them better support you.

Home

- Keep your space simple and uncluttered.
- Set a schedule for cleaning. For example, clean the bathroom every Monday.
- Put things away in the same place each time.
- Label cupboards and drawers to help find items.
- Put a sign or picture by your door to remember to lock the door.
- Use timers to remind yourself when things need to be done.
- Try to avoid having things that are overwhelming to your senses.
 - For example, use curtains to block out bright sunlight if you're sensitive to light.
 - If you're sensitive to smell, don't use candles, wax burners, or laundry detergent with strong scents.
 - Wear headphones to block out loud sounds.

Employment

- Try volunteering to learn about different jobs to see which one is the right fit for you.
- Look for jobs that have routine and have regular hours on the same days.
- Consider whether full-time or part-time is a better fit for you.
- If you don't like loud sounds, do not choose a job that has a lot of loud sounds.
- If you have a sensitive nose, choose a job that doesn't have strong smells.
- Ask for a job coach if you want extra support at work. Learn more at <https://mn.db101.org/>.
- Decide if you feel safe to tell your boss you have an FASD. This can help them better understand your needs.

Sleep

- If you have trouble sleeping at night, know that you are not alone: many adults with FASD struggle with getting proper sleep.
- Establish evening routines and maintain them.
- Limit distractions, such as TV or cell phones, when you're in bed.
- Avoid caffeine (coffee, pop, tea) in the afternoon; this can make it harder to fall asleep.
- Put together the things you will need for the next day before you go to bed. For example, set out the outfit that you want to wear. This can help you feel less rushed in the morning.

Money

- Find someone you trust to help you manage your money.
- Find a bank plan that has low or no monthly fees.
- Avoid using credit cards.
- Avoid lending money to people.
- When you shop for things like food or clothes, look for things that are on sale.
- Shop at dollar stores to get a lower price.

Meal Planning

- Buy food for balanced meals: fruit, vegetables, dairy, grains, and protein (meat, beans, etc.)
- Don't forget to check the expiration dates on foods to make sure they are safe to eat.
- Check your fridge, freezer, and cupboards at least once a week to make sure that food has not spoiled.

Hygiene

- Brush teeth every morning and before bed.
- Wash face with soap every morning.
- Put deodorant on every morning.
- Brush hair every morning.
- Shower using soap and shampoo at minimum every other day.
- Wear clean clothes (including clean underwear and socks) every day (no stains, if possible).

Relationships

- Avoid friends who put you down or make you feel like your opinion doesn't matter. Friendships should be kind, respectful and have equal power.
- Avoid loaning money or personal items to friends.
- Never go meet someone in person that you met on social media. It is not safe. If you do choose to meet someone, bring a friend with you.
- Don't give personal information to someone you meet on social media or video gaming; only give your first name.
- If a friend asks you to do something that you know is wrong or makes you feel uncomfortable, tell them "no" or talk to a family member if you need support.
- Romantic relationships need consent before physical contact: that means you both verbally agree to physical activity such as kissing, making out or sex. Have a conversation as you move forward!

Sources:

1. Community Living British Columbia. Supporting success for adults with fetal alcohol spectrum disorder (FASD). <https://www.communitylivingbc.ca/wp-content/uploads/Supporting-Success-for-Adults-with-FASD.pdf>

2. Olszewska A, Boyle Street Education Centre. So you have been diagnosed with FASD, now what: A handbook of hopeful strategies for youth and young adults. http://www.fasdnetwork.org/uploads/9/5/1/1/9511748/you_have_been_diagnosed_with_fasd.pdf