



Prenatal damage and the lifelong effects

**Foetal Alcohol Spectrum Disorder
(FASD) in adults: A hidden disability**

#CCLIVE16



Foetal Alcohol Spectrum Disorder (FASD) Awareness



Egg experiment...?



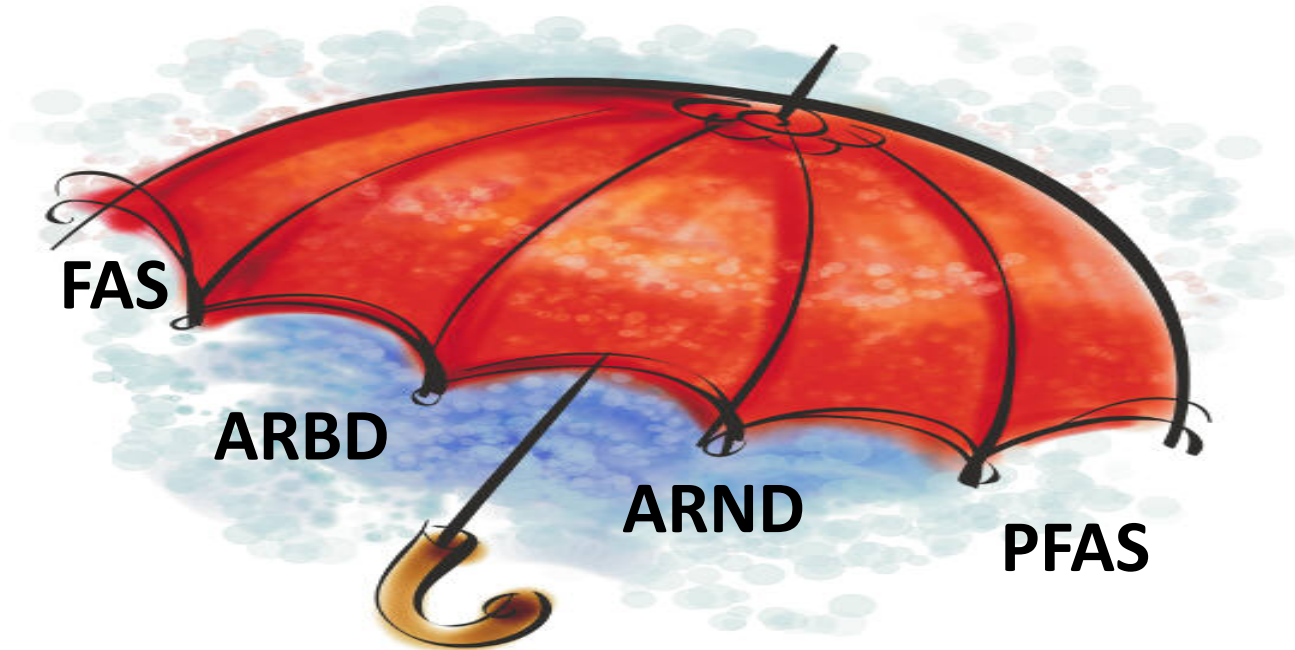
Foetal Alcohol Spectrum Disorder (FASD) Awareness



What is FASD?

Foetal Alcohol Spectrum Disorders are mental, physical and neurobehavioural impairments caused by a woman drinking alcohol during pregnancy.

FASD





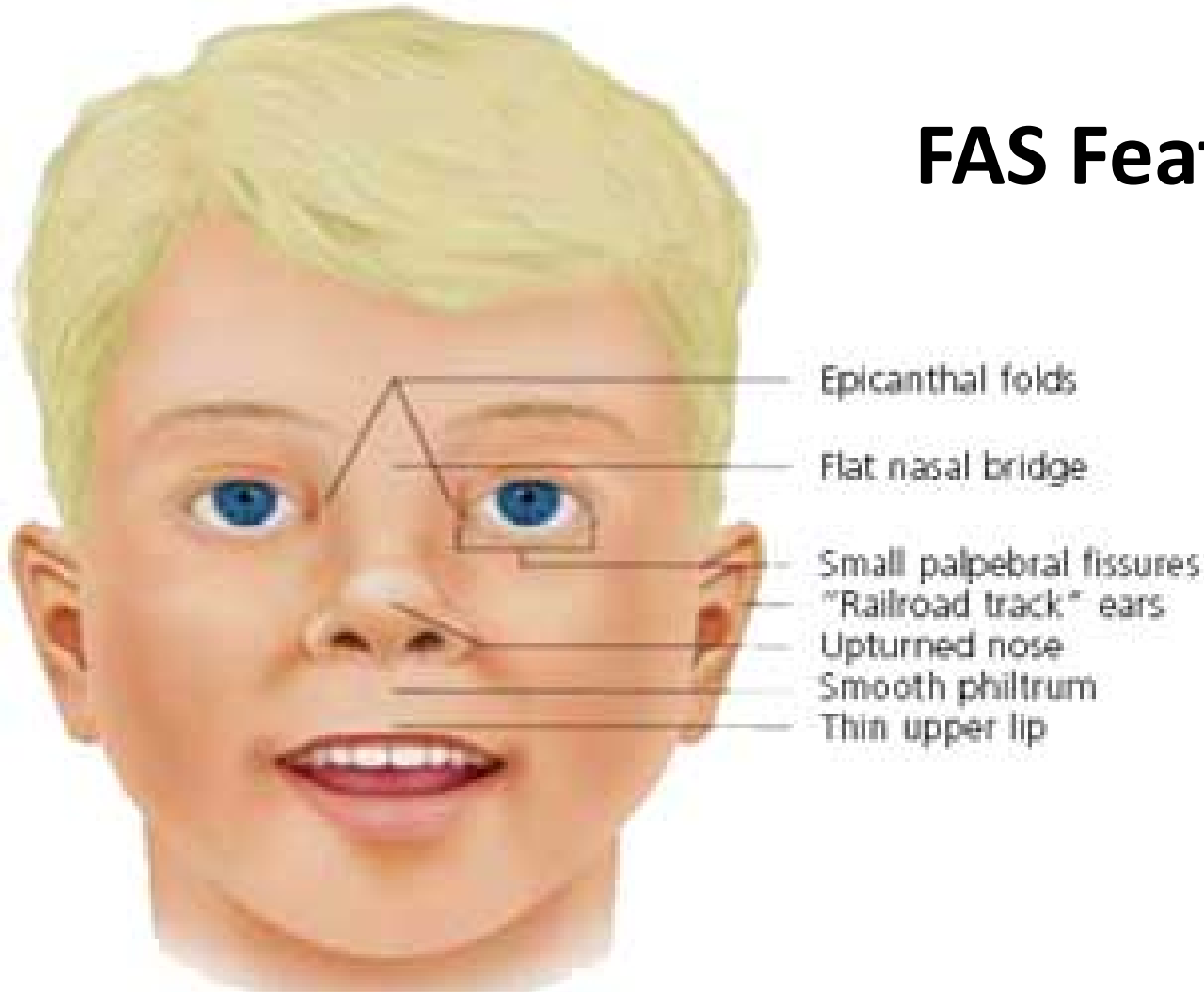
Foetal Alcohol Spectrum Disorder (FASD) Awareness

Foetal Alcohol Syndrome

Foetal Alcohol Syndrome (FAS) is the most recognisable form of FASD. It is characterised by the following anomalies:

- central nervous system (CNS) dysfunction
- facial dysmorphology
- pre- and post-natal growth deficiency

FAS Features





Foetal Alcohol Spectrum Disorder (FASD) Awareness

Cognitive abnormalities

There can also be cognitive abnormalities causing complex patterns of behaviour.

These are usually inconsistent with the person's developmental level.

The differences cannot be explained by social or environmental factors alone. This could include:

- Learning difficulties
- Deficits in school performance
- Poor impulse control
- Problems in social understanding
- Deficits in higher level expressive but especially receptive language
- Specific deficits in abstract concepts including maths, time and money.
- Problems in memory, attention or judgement



Foetal Alcohol Spectrum Disorder (FASD) Awareness

Recognising the signs?

Can you tell.....?



Foetal Alcohol Spectrum Disorder (FASD) Awareness





Foetal Alcohol Spectrum Disorder (FASD) Awareness





Foetal Alcohol Spectrum Disorder (FASD) Awareness

Foetal Alcohol Syndrome ?





Foetal Alcohol Spectrum Disorder (FASD) Awareness

Physical Impairments

- Facial features
- Heart defects
- Limb damage
- Bone formation defects
- Kidney damage
- Damage to the structure of the brain
- Eye and visual problems
- Ear and hearing problems



Foetal Alcohol Spectrum Disorder (FASD) Awareness

Risks caused by pre natal alcohol exposure

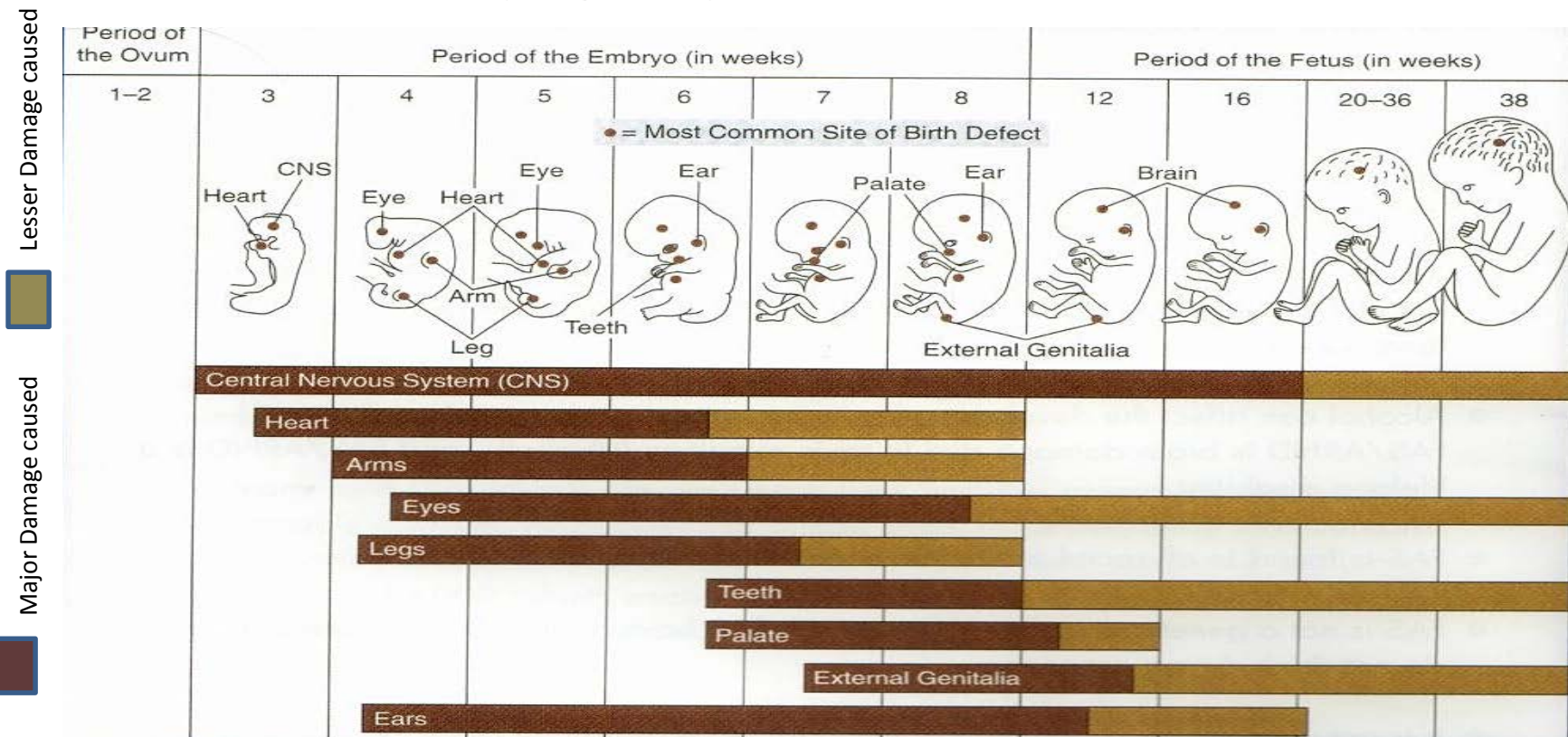
- Miscarriage
- Prematurity
- Still birth
- SIDs
- FASD

One of highest incidences of infant mortality in Western Europe (IMHE, 2013).

Foetal Alcohol Spectrum Disorder (FASD) Awareness

What is FASD?

When in pregnancy is it safe to drink alcohol?



Foetal Development Chart

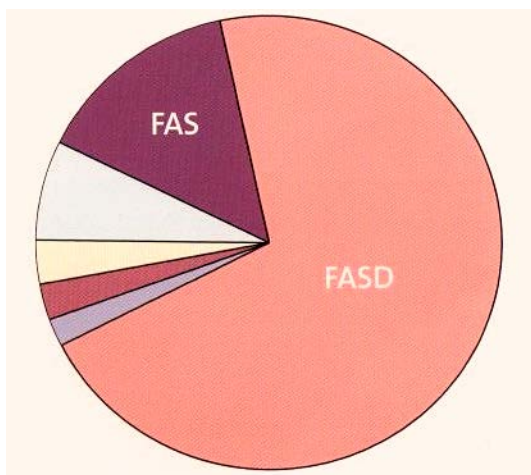


Foetal Alcohol Spectrum Disorder (FASD) Awareness

What is FASD?

Prevalence

International studies suggest that 1:100 babies are born with FASD.



0.28 in 1000	born with Muscular Dystrophy
0.35 in 1000	born with Spina Bifida
0.43 in 1000	born with HIV infection
1 in 1000	born with Down Syndrome
2 in 1000	born with FAS
10 in 1000	born with FASD

Adapted from NOFAS-UK



Foetal Alcohol Spectrum Disorder (FASD) Awareness

UK Guidelines

- **2007** **DoH**
No alcohol when Pregnant or trying to conceive
- **2008** **NICE**
Avoid alcohol for 1st 12 weeks then 1-2 units 1-2x a week
- **2016** **DoH Chief Medical Officer**
No safe level of alcohol in pregnancy



Foetal Alcohol Spectrum Disorder (FASD) Awareness

Alcohol & Women

90% British Women drink alcohol at least occasionally

Plant, 2006

~ 30% women of reproductive age exceed recommended weekly limit of alcohol consumption

RCM, 2010

54% women consume alcohol during pregnancy

NHS Information Centre, 2010





Foetal Alcohol Spectrum Disorder (FASD) Awareness

Infants

Infants with FASD may experience some or all of the following

Symptoms:

- Low birth weight
- Difficulties with feeding
- Failure to thrive
- Poor sleep/wake cycles
- Recurring ear infections
- Developmental delays: Language and mobility
- Irritability and hypersensitivity



Foetal Alcohol Spectrum Disorder (FASD) Awareness

Toddlers with FASD may experience some or all of the following symptoms:

- poor memory
 - Hyperactivity
 - lack of fear
 - no sense of boundaries
 - distracted easily
 - dental problems
 - Sleeping
- delays in potty training
 - continued motor skills delays
 - speech delays or difficulties
 - need for excessive physical contact
 - recurring colds, infections
 - fidgiting
 - eating problems (appetite/sensitivity)





Foetal Alcohol Spectrum Disorder (FASD) Awareness

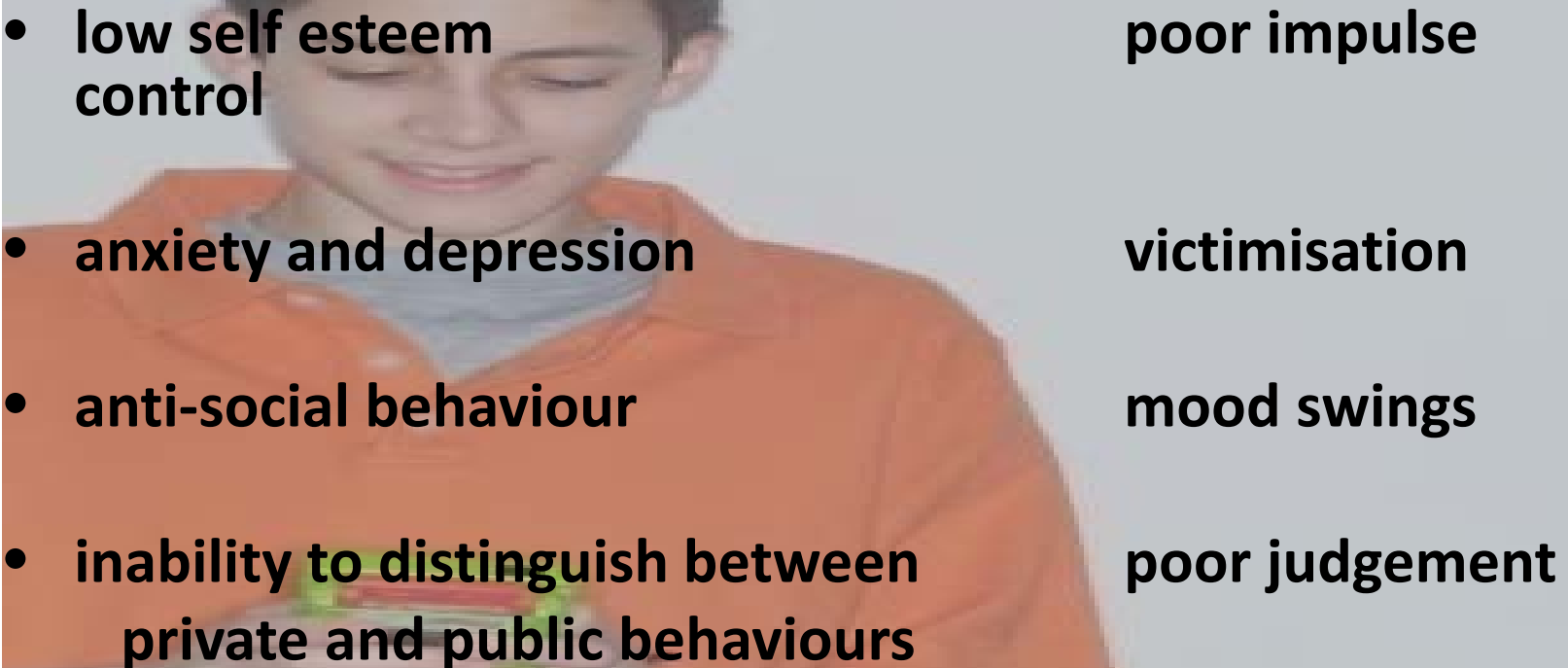
School age children with FASD may experience some or all of the following symptoms:

- easily distracted with short attention span
- poor coordination
- fine and gross motor skills difficulties
- sleep disturbances
- difficulty in making and keeping friends
- problems with understanding body language and expressions
- boundary issues
- easily frustrated and prone to tantrums
- difficulty in understanding cause and effect



Foetal Alcohol Spectrum Disorder (FASD) Awareness

Teenagers with FASD may experience some or all of the following symptoms:

- 
- **low self esteem control**
 - **poor impulse**
 - **anxiety and depression**
 - **victimisation**
 - **anti-social behaviour**
 - **mood swings**
 - **inability to distinguish between private and public behaviours**
 - **poor judgement**



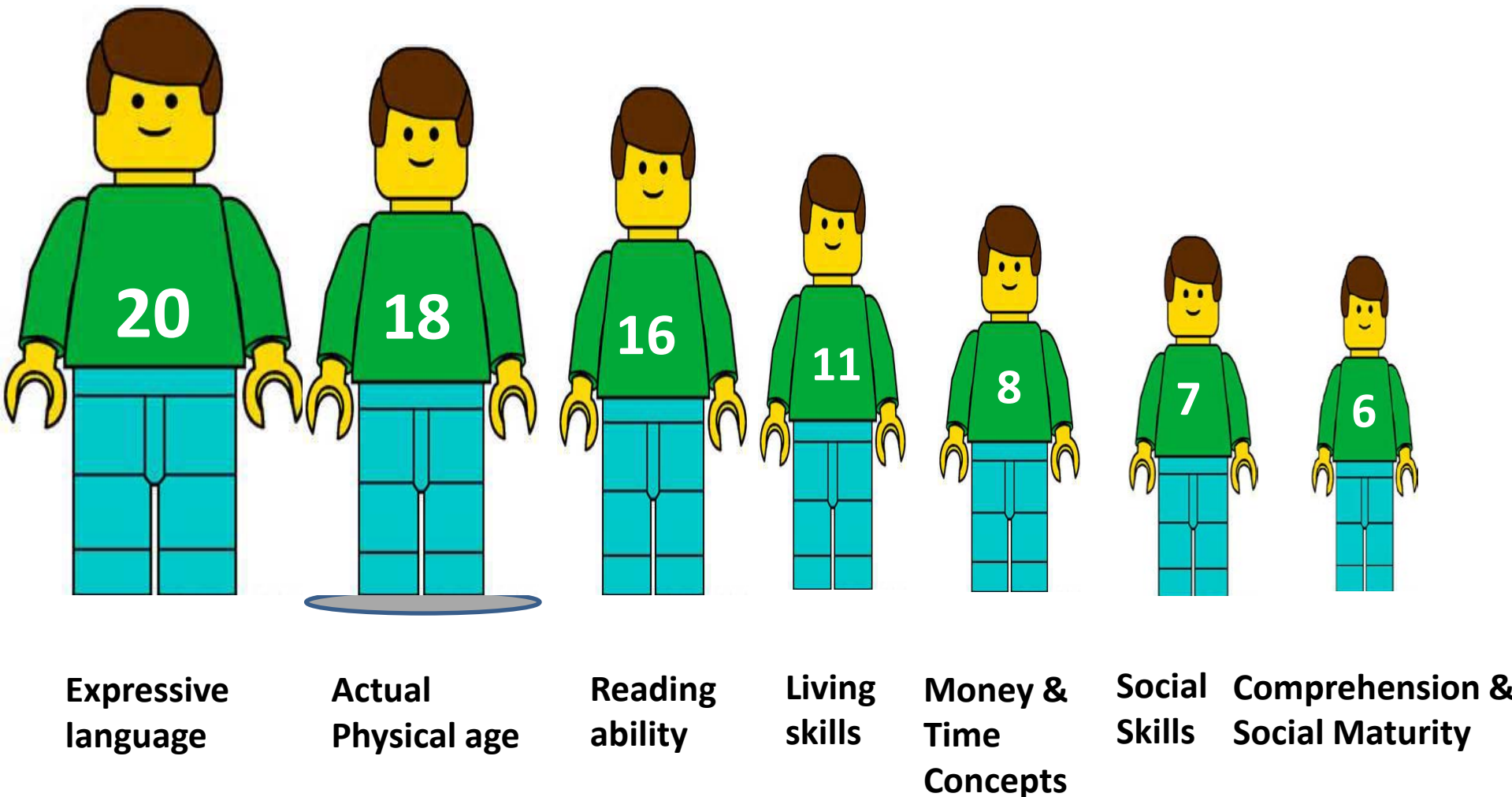
Foetal Alcohol Spectrum Disorder (FASD) Awareness

Adults with FASD may experience some or all of the following problems:

- Housing
- Impulsivity/compulsivity
- handling money
- substance misuse
- unintended pregnancy

poor peer/social relations
mental health issues
criminal justice system
obtaining/keeping jobs

Foetal Alcohol Spectrum Disorder





Foetal Alcohol Spectrum Disorder (FASD) Awareness

Secondary Disabilities (Streissguth, Barr et al, 1996)

This study looked at 415 individuals with FAS or FAE and found that:

- 90% had **mental health problems**
- 80% were not living independently
- 60% of those aged 12 or over had a **disrupted school experience**
- 60% of those aged 12 or over had been in **trouble with the law**



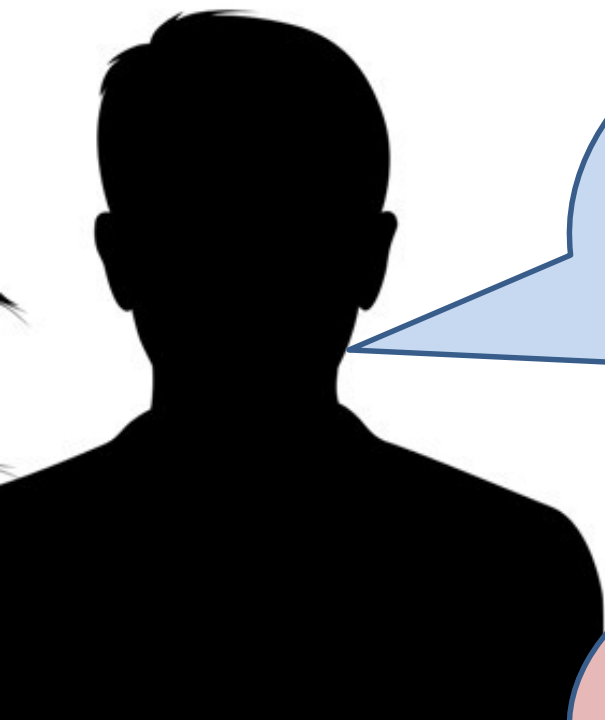
Foetal Alcohol Spectrum Disorder (FASD) Awareness

Secondary Disabilities


- 50% of those aged 12 or over had been **incarcerated** (into mental health, drug or alcohol facilities)
- 49% of those aged 12 or over had displayed **inappropriate sexual behaviour**
- 35% of those aged 12 and over had **problems with alcohol and other drugs**
- Risk and Protective Factors

(Streissguth, Barr et al, 1996)

Managing Money




*'I still struggle with money,
paying bills'*



*'I used to spend all my
money on rubbish, or
gamble it, Mum sorts
all my money now'*

Foetal Alcohol Spectrum Disorder (FASD) Awareness

Daily Living Skills

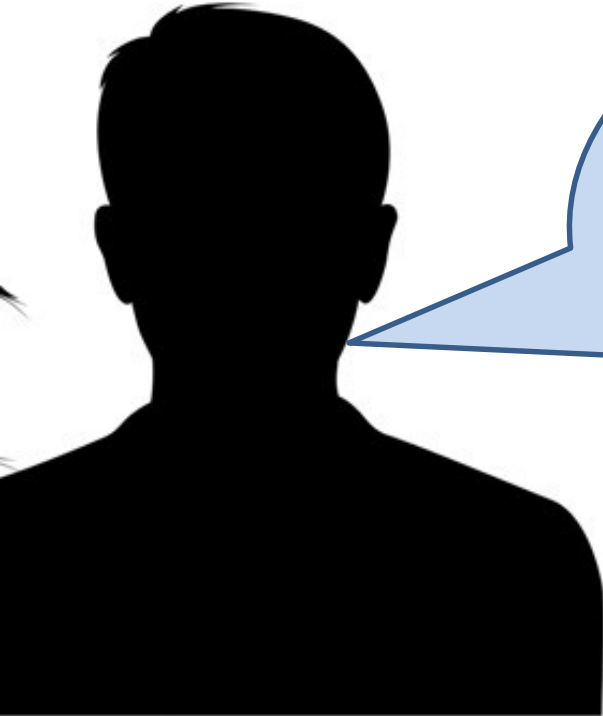


'I've no cooker, just microwave because of my health and safety and the other people here because I might leave the cooker on if I get distracted. I also have a slow cooker which I can do chicken in'

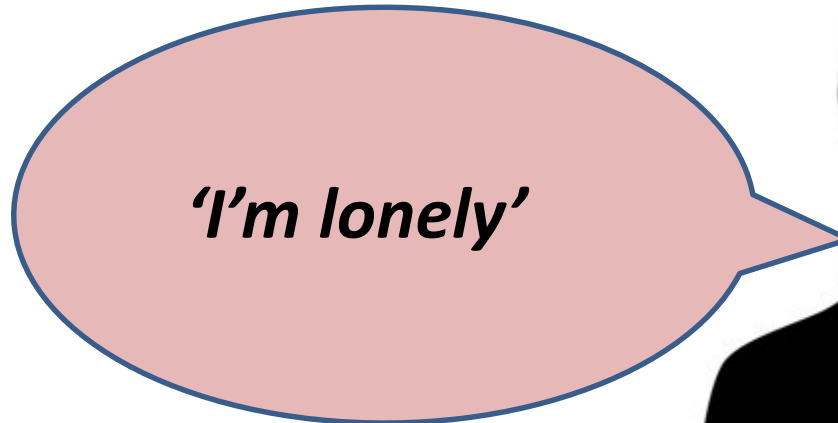


'Having a bath's ok now, teeth are still an issue'

Relationships



'Sometimes I can go 3-4 days without speaking to anyone, maybe even a week. Except online'



'I'm lonely'



Foetal Alcohol Spectrum Disorder (FASD) Awareness

facebook

 Status

 Photo

 Ask Question

 Milestone

08:07 I want a boyfriend

09:43 Lost my phone again! New number is 07734 627321

10:25 I'm bored text chat anyone?

14:01  Sam West has checked in to Southfield Bingo Centre

 Public ▼

Post



Foetal Alcohol Spectrum Disorder (FASD) Awareness

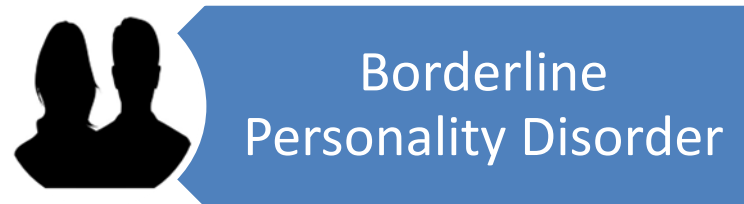
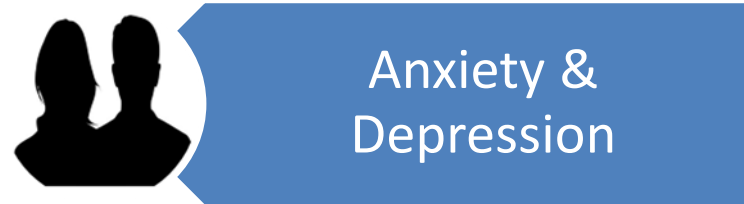
Grooming

Mate-
crime

vulnerable

Foetal Alcohol Spectrum Disorder (FASD) Awareness

Previous Diagnosis?





Foetal Alcohol Spectrum Disorder (FASD) Awareness

What does FASD have to do with the prison population?

23.3% of remanded youths studied had an alcohol related diagnosis (FASD)*

* Fast, Conry & Loock, 1999



Foetal Alcohol Spectrum Disorder (FASD) Awareness

85,669 people in prison in England & Wales



23.3%



19,961

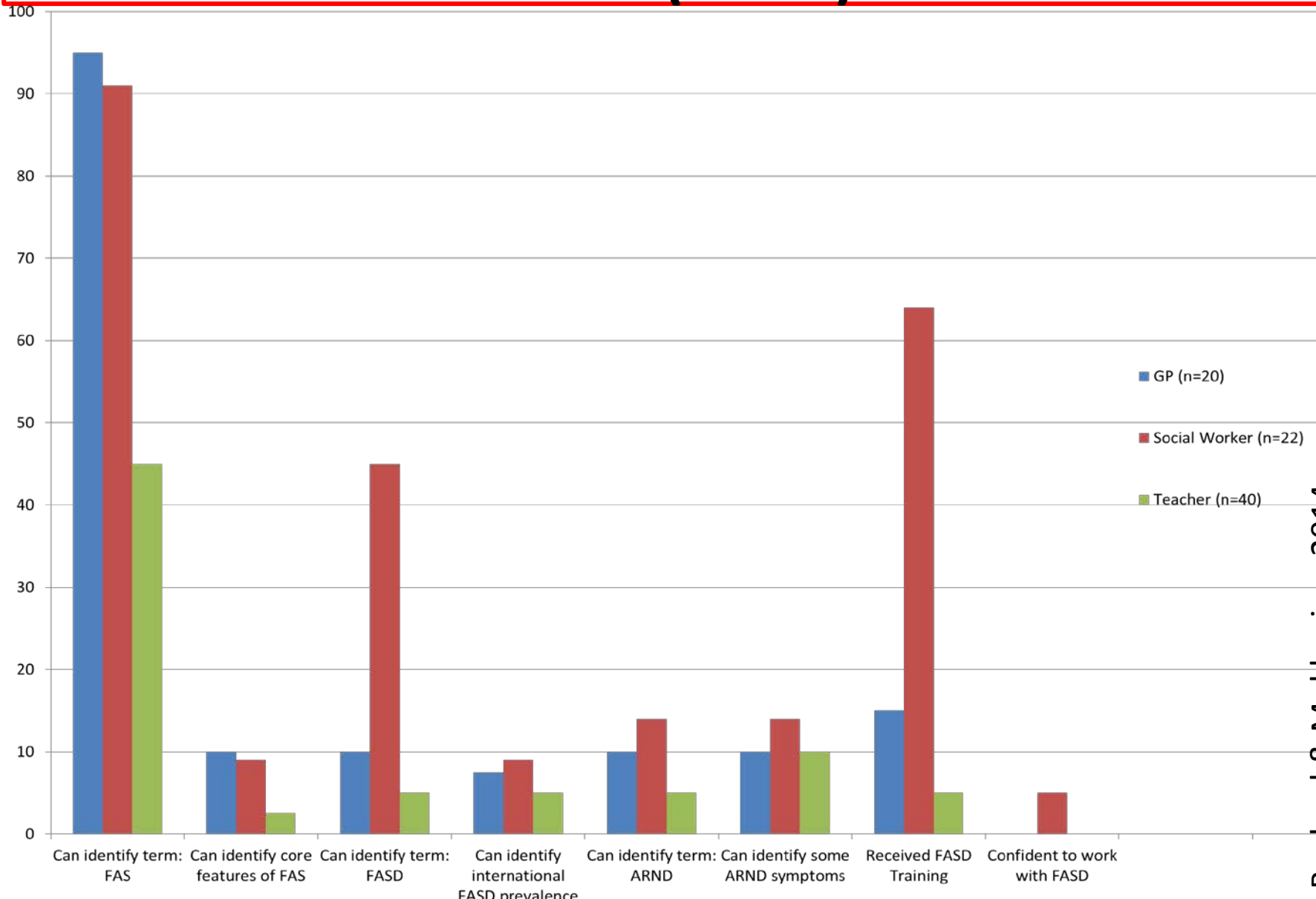


Foetal Alcohol Spectrum Disorder (FASD) Awareness

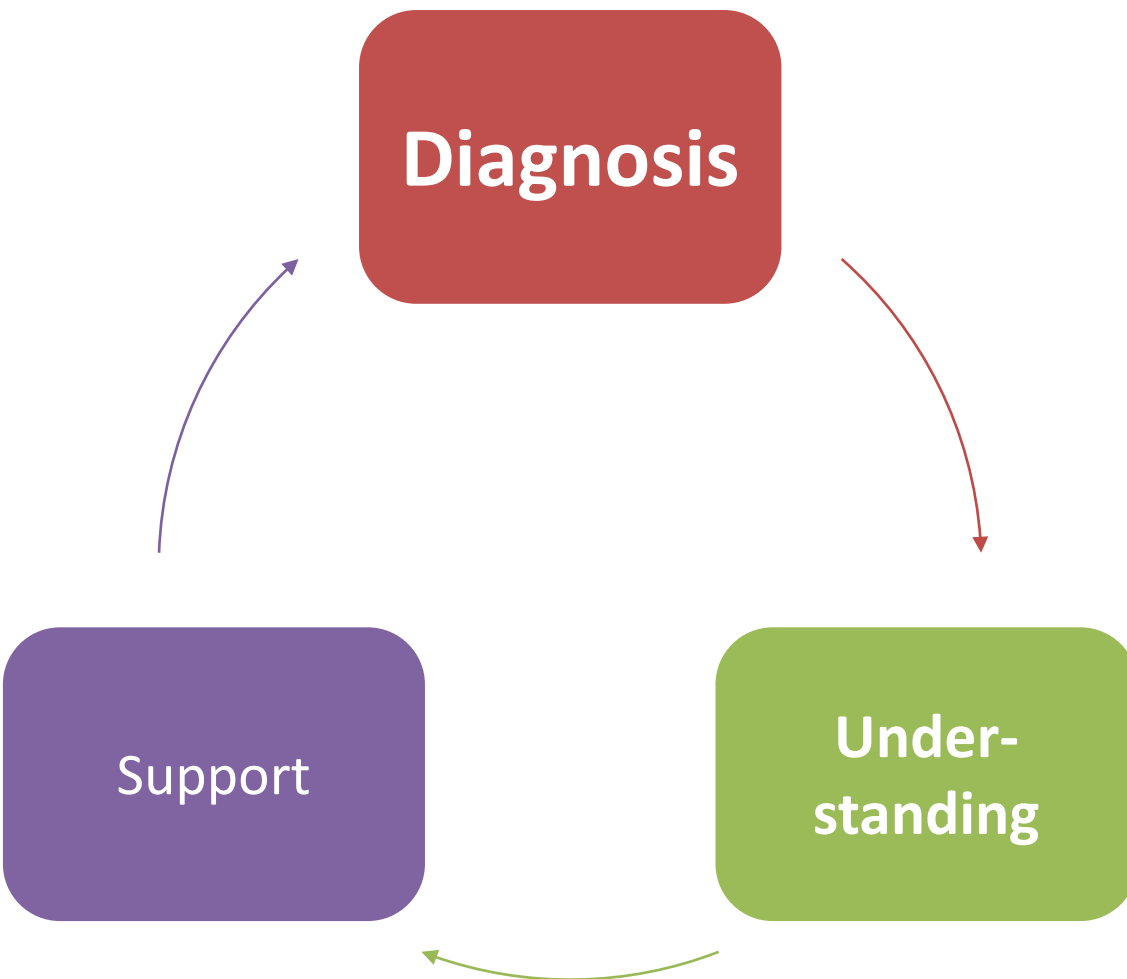
Who may be involved in a Diagnosis of FASD?

- **GP**
- **Geneticist**
- **Other Referrals to aid diagnosis**
- **FASD Clinic**

Foetal Alcohol Spectrum Disorder (FASD) Awareness



Prenatal damage and the lifelong effects



**Diagnosis alone
is not enough!**

**Family
Health
Social Care
Education**



Foetal Alcohol Spectrum Disorder (FASD) Awareness

What needs to be considered when living or working with an individual with FASD..?



Structure
Supervision
Support!!!

Prenatal damage and the lifelong effects

An adult with an FASD may need additional support with:

- Shopping/food preparation
- Self-care
- Money & budgeting
- Time and routines
- Sleep
- Housework
- Work
- Relationships



Prenatal damage and the lifelong effects

What if you are working with an adult with an FASD..?

- Structure – *routine of others working with adult*
- Break down task into small steps
- Adjust expectations – *functional age*
- Shifting task – *be mindful of effect*
- Visual – *show, don't just tell*



Foetal Alcohol Spectrum Disorder (FASD) Awareness

What helps?

- Change mindset
- Organic brain damage
- ***won't vs can't***
- Mindful of areas of deficit
- External brain



Foetal Alcohol Spectrum Disorder (FASD) Awareness





Keep in touch!

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