



FASD: What to do After an FASD Diagnosis

1 Take Time to Process

- Acknowledge your emotions—relief, validation, grief, confusion, overwhelmed—all are valid.
- Let yourself feel without judgment. It's okay to take time to adjust.



Learn About FASD

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- Reach out to trusted resources, like the FASD United Family Navigators. You can also find a list of resources on the last page of this document.
- Explore how FASD impacts the brain, body, and behavior.
- Understand that your developmental age may not match your chronological age, and that is okay.
- Remember that while there are many characteristics associated with FASD, each person with FASD has distinct challenges and strengths. Every person with FASD is unique!

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Identify Strengths and Needed Supports

Give FASD a Seat at the Table



- Know that FASD comes with **both** strengths and challenges.
- Create a list of your strengths, reflect on what areas of support would be helpful (such as organization, time management, money management, impulsivity, communication, emotional regulation, social connections, daily life skills).

Access Benefits & Services to Build a Support System

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- Make a list of the people in your life who can assist and support you.
- Consider working with a coach, case manager, or disability navigator.
- Reach out to disability services like The Arc, Easterseals, and Centers for Independent Living; they can help you understand the options available.
- Explore Medicaid waivers, housing support, or vocational rehab programs.
- Apply for Social Security benefits like SSI/SSDI if needed.
- Refer to The ADA (Americans with Disabilities Act) for help you protecting your rights.
- Connect with support groups.
- Find professionals who understand or are willing to learn about FASD.

If you want help, contact the FASD United Family Navigators.



Check Your Executive Function Skills

bit.ly/LifeSkillsAdvocate



Life Planning Tools

bit.ly/LifeCourseNexusTools

Center for Independent Living

bit.ly/CenterforLiving



The Arc

bit.ly/TheArcResource



Easterseals

bit.ly/EastersealsSource



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Establish Daily Routines

- Create routines for sleep, meals, and hygiene to reduce overwhelm.
- Use calendars, timers, alarms, and visual reminders to support memory and structure.
- Consider that you may need to adjust your schedule to find the one that works best for you.
- Ask a support person for help in organizing and structuring your daily schedule if you need it.

Advocate for Yourself & Educate Others

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- Ask for accommodations at work, school, health or legal settings.
 - For example: written instructions, visual supports, extended time.
- Share information you have learned and resources you have found.
- Consider sharing your story to help reduce stigma and increase understanding.
- Know that your living experience is valuable.

7 Document Your Diagnosis

- Consider creating a file of important documents in binder or on your computer.
- Keep a copy of your diagnostic report, Social Security information, and information for services you receive.
- Consider a medical ID or hidden disability card.



Swindels Resource Center
Care Notebook
bit.ly/GlimpseofFASDSources



Hidden Disabilities
lanyard and ID cards
bit.ly/andIDCards



Practice Self-Compassion

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- Remember that this is a diagnosis. It does not define who you are—it's a way to explain and understand your experience.
- Treat yourself with the same kindness you would offer to a friend.

Advocate and Educate!



CDC FASD
Information & Videos
bit.ly/CDCResourcesFASD



Fact Sheets about FASD
bit.ly/FactSheetsFASD



Share Your Story!
fasdunited.org/glimpses-of-fasd/



"Some people will just see someone as their disability and not as who they actually are. It's like the saying don't judge a book by its cover; don't judge someone by their disability either."

–Marlee (FASD Self-Advocate)



More FASD Resources:

FASD United Family
Navigator
bit.ly/FamilyNavigatorUnited



FASD United Affiliate
Network
bit.ly/AffiliateNetFASD



FASD Collaborative
bit.ly/FASDCollaborativeNet



CanFASD
bit.ly/CANFasdResource

