

WHAT IS OCCUPATIONAL THERAPY?

The therapeutic use of purposeful and meaningful occupations to evaluate and treat individuals who experience limitations or restrictions that interfere with their ability to function independently in daily life roles and to promote health and wellness.

- **DAILY OCCUPATIONS IMPACTED**
 - The 8 areas of occupations are impacted due to:
 - **Adaptive function, severe executive functioning, Attention, and Memory Deficits, Sensory Overload, Average/ Low IQ, Learning Disabilities, Sleep Disorder**
- **POINTS OF INTERVENTION**
 - Zones of Regulation
 - Neurocognitive Habilitation Therapy
 - Caregiver and Family Education and Trainings
 - Sensory
 - Social Skills Training
 - Education Programs for Learning Disabilities

RESOURCES

- **FASD MAINE**
- **CENTERS FOR DISEASE CONTROL AND PREVENTION**
- **AMERICAN ACADEMY OF PEDIATRICS**
- **AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS**
- **PROOF ALLIANCE**
- **FASD UNITED**
- **FASCETS**
- **FAFASD**
- **ONLINE SUPPORT GROUPS**

FETAL ALCOHOL SPECTRUM DISORDER

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WHAT IS FASD?

● FASD

- Is a birth defect that occurs when a person is prenatally exposed to alcohol

● PRENATAL ALCOHOL EXPOSURE (PAE)

- Causes a range of adverse physical, neurocognitive, and behavioral effects

● REFERRAL IS OFTEN DUE TO DIFFICULTIES WITH BEHAVIOR OR LEARNING

- Self-regulation
- Neurocognition
- Adaptive Skills

PREVALENCE AND DIAGNOSIS

● PREVALENCE

- 1 out every 20 children in the U.S.
- 10 times greater diagnosis for children in foster care
- However, many foster children have missed diagnoses of FASD

● DIAGNOSIS

- Criteria for diagnosis includes PAE and CNS or brain abnormalities
- Although facial abnormalities such as small eyes and thin lips are often associated with FASD, they only occur in 10% of people with FASD
- Genetics plays a role if alcohol exposure affects a fetus

THE HAZARDS OF NOT KNOWING

● IMPORTANCE OF TREATMENT

- Conduct a FASD diagnostic evaluation as early as possible (birth to age 3) to document alcohol exposure in the medical record and begin early intervention
- Re-evaluate at age 8 to update diagnosis
- Predictors of positive outcomes include:
 - Early Diagnosis and Intervention
 - Stable, nurturing home environment

● WHAT HAPPENS TO FAMILIES IF THEY DO NOT GET A DIAGNOSIS?

- 29.2% of male youth with FASD reported a serious suicide attempt
- Almost 50% experience problems related to alcohol and drugs
- Legal trouble at a younger age which may result in incarceration and/or juvenile detention