

What can I do differently now that I know better!

Insulation – Putting into place relationships, activities, structures and routines that distract people living with FASD from things that may increase risks of secondary disabilities.

1. _____
2. _____
3. _____

Interdependence – Mutually dependent and reciprocal relationships. A young adult is provided with the ongoing support they need, while also contributing positively as a valued member of a household or community.

1. _____
2. _____
3. _____

Strong Relationships – Relationships with significant others that protect a person with FASD from isolation as well as build in “external brain” features and trust.

1. _____
2. _____
3. _____