

FASD: RELATIONSHIP-BASED INTERVENTIONS FOR CAREGIVERS AND PROFESSIONALS

FEBRUARY 26, 2015

SESSION EVALUATION



Please access the Survey Monkey Questionnaire by:

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FASD RELATIONSHIP BASED INTERVENTIONS FOR CAREGIVERS AND PROFESSIONALS



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LEARNING OBJECTIVES

Participants will be able to:

- 1) Recognize the level of commitment of the Caregiver in relationship-based interventions
- 2) Summarize strengths-based approaches
- 3) Define the concepts of insulation and interdependence

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THE IMPACT OF FASD

Primary Disabilities

- The brain and Central Nervous System damage the person is born with
 - Cognitive Disabilities
 - Sensory/Motor issues
 - Executive Function Difficulties
 - Memory Problems
 - Motor Skills Deficits
 - Emotional Regulation Difficulties
 - Self Regulation Difficulties
 - Medical Problems
 - Language Deficits

Secondary Disabilities (Strelssguth, 1996)

- Occur as a result of a poor fit between the individual and the environment
 - Mental Health Issues
 - Academic and vocational difficulty
 - Substance use
 - Interactions with justice
 - Homelessness

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CHALLENGES AT HOME

- Daily living skills, hygiene, housekeeping
- Money management
- Meals
- Having to be the daily planner, organizer, coach, decision maker
- Social isolation
- Lack of sleep
- No Respite
- Needs of loved one can take precedence over marriage, career and other children in the home
- Developing anxiety and depression
- Providing life long support
- Attending extensive training and appointments is required

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SOCIETAL PRESSURE

- Transportation
- Employment
- Trouble with the Law
- Internet issues
- Money issues and constant risk of exploitation of others regarding the money
- Alcohol/drug use
- Suggestibility
- Birth Control/Grandchildren!
- Being blamed by friends, family, social services, medical field, education, legal system for the outcomes
- Being seen as controlling or too permissive

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RELATIONSHIP KILLERS

- Regularly addressing meltdowns, aggression, shut downs, avoidant behaviour, agitation
- Stealing, lying, manipulating, sneaking
- Abuse (verbal, emotional and physical)
- Constant vigilance – Mind always focused on getting ahead of behaviours/preventing problems
- Caring for someone who can talk the talk but have no follow through
- Setting up employment, living accommodations, educational opportunities that fail
- Ambivalence by loved ones (they give up after all the hard work)

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WE HAVE COME A LONG WAY

- Diagnosing FASD
- Approaches for people living with FASD
- Environmental modifications that help people living with FASD be more successful
- Program modifications
- Funding and Assessments for Adults

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**WITHOUT ENDURING AND
LIFELONG RELATIONSHIPS
PEOPLE WITH FASD WILL BE AT
THE GREATEST RISK FOR
DEVELOPING SECONDARY
DISABILITIES**

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Well meaning service providers and citizens can:

- Blame caregivers as the cause of the individual's behaviour
- Put caregivers under a constant microscope
- Treat caregivers like "protection" clients
- Judge families for unexplainable behaviour

This approach can cause harm by:

- Compounding family stress
- Diminishing caregiver confidence
- Undermining strong relationships
- Weakening commitment
- Discouraging effective approaches to safety
- Cause caregivers to avoid support

**THE
BLAME
GAME**

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**SERVICE PROVIDERS HAVE
AN IMPORTANT ROLE TO
PLAY IN THE LIVES OF
INDIVIDUALS WITH FASD
AND THEIR CAREGIVERS**

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PROFESSIONAL AS EXPERT



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FAMILY AS EXPERT



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STRENGTH BASED APPROACH

- Looks at the strengths in the whole support system
- Focuses on relationships built on trust
- Draws on personal resources
- Sees expertise within the support system
- Considers the individual brain based functioning
- Builds on the commitment that already exists
- Looks at the skills, abilities and talents unique to each person
- Normalizes an interdependent world for the person with multiple supports
- Provides support based on actual needs, not policies
- Creates opportunities for advocacy

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CAREGIVERS NEED

- Support
- Appreciation
- Education/training - ongoing
- Strengths-based approach
- An FASD informed approach which includes an understanding of:
 - Insulation
 - Interdependence
 - Strong relationships

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INSULATION

What is it

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



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IT IS NOT

- Abusive
- Overbearing
- Meddling
- Intrusive
- Meeting caregivers own needs
- An inability to let go

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INSULATION TECHNIQUES

- Supervision
- Monitor screens
- Smaller school/group activities
- Choosing friends
- Youth or church groups
- Organized sports
- Planning social relationships
- Geographical protection
- Ensure insulation across relationships
- Managing money
- Use technology (texting)

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WHAT SERVICE PROVIDERS CAN DO

- Avoid planting ideas
- Talk to caregiver before introducing new things
- Help young person understand importance of external brain
- Ensure caregivers are in "the loop" at all times
- Always check in with caregiver for alternative explanations to stories
- Help build pro social networks and avoid at-risk groups
- Support caregivers as this is hard work
- Provide support defined by the caregiver, not the mandate
- Tailor services that are flexible, non punitive, reminder calls
- Assess any barriers to effective service

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INTERDEPENDENCE

What is it

Mutually dependent and reciprocal relationships - A young adult is provided with the parental support he/she needs, while also contributing positively as a valued member of the household.

Mutual support



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IT IS NOT

- Holding back the youth
- Preventing youth from growing up
- Babying
- Controlling
- Meeting the caregivers' relationship needs

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INTERDEPENDENCE TECHNIQUES

- Normalize the need for young people to rely on others
- Prepare them to live at home longer
- Prepare them to live close to home
- Share bank accounts (trustee)
- Normalize the need for caregivers to work closely with school and employers
- Choreograph more interdependent living situations
- Go with young people on trips and vacations
- Ensure strong roles within the family
- Rely on them to take care of things they are good at
- Encourage young people to contribute financially
- Find them a mentor

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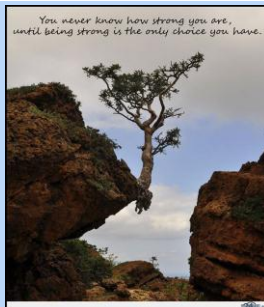
WHAT SERVICE PROVIDERS CAN DO

- Build upon the interdependence that exists already
- Teach people living with FASD to help others (give back)
- Build on the roles they have at home
- Help them understand and appreciate the concept of interdependence
- Don't plant ideas that support independence
- Check in with caregivers often to understand the relationship and their long term plans
- Think 'Big Picture' – caregivers are on a 40 year plan – or at least we want them to be
- Be the "bad cop" sometimes

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STRONG RELATIONSHIPS

- Strong safe relationships will help young people avoid difficulty as they transition into adulthood.
- Paid staff cannot meet these needs throughout the lifecycle in a sustainable and meaningful way.
- We do not want to force young people out of safe relationships with caregivers as it will drive them into relationships that might pose risks to themselves.



CAREGIVERS CAN BUILD STRONG RELATIONSHIPS

- Nonjudgmental approach
- No yelling or threatening
- Avoid power struggles
- Use less punitive methods of teaching
- Allow for decision making and freedom as much as possible and in safe ways
- Allow young people to make mistakes
- Don't remind them of their failures or what they cannot do
- Forgive them
- Focus on strengths
- Have fun
- Believe in them & their never ending potential
- Eternal hope for future successes
- Smile at them, hug them and make them feel valued
- Take care of yourself

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WHAT SERVICE PROVIDERS CAN DO

- Talk positively about the young person's relationship with their caregiver
- Help the young person remember the good stuff
- Encourage the young person to seek support from their caregivers
- Include caregivers in decisions making
- Value the opinions of caregivers
- Support caregivers' approaches to managing their loved one even if you disagree
- Encourage problem solving
- Do not align with the individual at expense of the caregiver
- Help them take responsibility for their behaviour where appropriate
- Find out what caregivers need and do your best to get it for them

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IT'S EXERCISE TIME!



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STEP 1 – SHARE AT YOUR SITE

1. Talk with the people at your site.
2. Share with them things that you have unintentionally done to undermine Insulation, Interdependence and Relationships as a caregiver or with a family you have worked with.
3. Have someone in the group record.

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STEP 2 - SHARE

1 or 2 sites share some of the answers

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STEP 3 – FORGIVE YOURSELF



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STEP 4 – IDEA CATCHER

On the idea catcher that was provided – Write down things that you will do to help build Insulation, Interdependence and Strong Relationships with your own family or a family you support.



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STEP 5 - SHARE

1 or 2 sights share some of the answers

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HOME

- People living with FASD need to feel they belong and are respected.
- When they feel safe and are welcomed home unconditionally they will return home.
- Home is where they are safest!

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SUPPORT FOR A LIFETIME

- Young people with FASD need strong relationships with their caregivers, families and support people for a lifetime.
- Nurturing these pre-existing relationships should be at the forefront of any intervention.

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QUESTIONS

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