



Fetal Alcohol
Spectrum Disorder
Ontario

Trouble du spectre
de l'alcoolisation fœtale
Ontario

La version française suit.

FASD Ontario Update - May 2020

These continue to be very odd and unsettling times for all of us as we adapt to the many lifestyle changes that result from the COVID-19 Pandemic. The challenges can be especially difficult for families with members who have complex needs including FASD and for those who are experiencing compounding risks such as; family disruption, loss of employment, single parenting, home schooling, and when home is not a safe place. It does take a community to raise a child and there are a few tips that we all can do in light of the increased fear, loneliness and isolation that many are experiencing. Community members, support group leaders and social support service providers can:

1. Listen to their 'gut' and intuition and make sure they actually do make that connection when worried with a safe, non-intrusive approach via telephone or email.
2. Remember to ask if it's o.k. if they continue to check in as most people are hesitant to reach out for help.
3. Deliver a meal, a small gift or a resources as a kind gesture, and an opportunity to engage.

During periods of crisis or high stress, some families experience increased conflict and some volatile situations. The FASD Family and Caregiver Support Group project developed a Safety plan that families are encouraged to use to be prepared if needed. The template can be found [here](#).



Respite care

Families who are experiencing complex needs understand the value of respite and the government of Ontario has responded. Acknowledging the unique and sometimes challenging needs related to COVID-19, the Government of Ontario, Ministry of Children, Community and Social Services has temporarily expanded their list of eligible expenses under the Enhanced Respite Services program. The goal here is to make staying at home and practicing physical distancing easier for families resulting in healthier communities overall.

Some of the additional items include sensory support products, technology, home based recreation and fitness activities, personal protective equipment (when available), essential service delivery fees, and behavioural support plans and interventions.

[Click here for more details.](#)

Passport program

The government has also expanded Passport program for those who qualify for Developmental Services Ontario to make staying at home, safe and stimulating.

[See here for more details.](#)

Useful links and resources

[Surrey Place](#) developed a [Social Story](#) to help a family member with a developmental disability who needs to be hospitalized due to COVID-19. They also developed a [Hospital Transfer Form](#) to help communicate any special needs and patient rights in the event that hospitalization is required.

All are also encouraged to visit and subscribe to the [CanFASD blog](#) for evidence based tips, strategies, education and resources related to FASD.

Support Group Highlights

Disclaimer: The Parent/Caregiver FASD Support Group of Waterloo Region had kindly shared some highlights with us for our March FASD Update. Unfortunately some elements were missing from our update. Below is the complete segment.

FASD Caregiver Support Group

A Successful Start: Sept '19-Jan '20 Summary

- 4 group sessions have been offered to date, 3 more are planned (once per month)
- Approximately 11 caregivers attend each session
- Caregivers were asked to provide feedback via a short survey after 4 sessions, results are incorporated below & will be used to shape the remaining sessions

OVERALL

"Very thankful to have this opportunity."
"We've been super pleased with the group."
"Good program."
--Participant

100%

- attending has been a valuable experience
- would recommend group to others in a similar situation

FORMAT

45 min presentation, 30 min dinner,
45 discussion/feedback/debrief

100%

- feel sense of belonging
- feel supported
- layout of the group meets my needs
- comfortable sharing thoughts of how to improve group
- opportunities exist for me to share the format & structure of the group

"I love the format of the group, like to hear from other parents & how similar their issues are to mine."
--Participant

Suggestions:

- serve food earlier
- dialogue should continue during meal
- longer!

KNOWLEDGE GAINED/ TOPICS COVERED

"My husband and I have enjoyed being able to use this group to learn and get peer support. We really hope it can continue, such a valuable resource for this community."
--Participant

Topics covered include:

Acceptance & Strength
Building A Village
Safety

The Importance of Self Care
Growing Up
Guest Speaker Night

100%

- learned from others in the group
- knowledge of FASD has increased
- better able to cope with child because of this group
- group has positively impacted approach to parenting
- topics are relevant
- topics lead to valuable discussion

85%

Suggestions:

- more opportunities to become closer to those in the group
- continue to share resources for supports & suggestions on how to deal with challenges

- opportunities exist to determine topics to be covered in group sessions

LOGISTICS

Sessions are held from 6-8pm at a
community meeting space

100%

- time of day works
- locations easily accessible

50%

- childcare makes it possible for me to attend
- transportation allocation makes it possible for me to attend

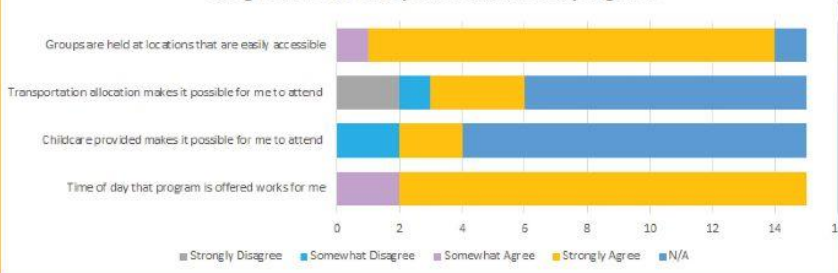
FASD Caregiver Support Group

A Successful Start: Sept '19-Jan '20 Summary

- 4 group sessions have been offered to date, 3 more are planned (once per month)
- Approximately 18 caregivers attend each session
- Caregivers were asked to provide feedback via a short survey after 4 sessions, results are incorporated below & will be used to shape the remaining sessions

Logistics

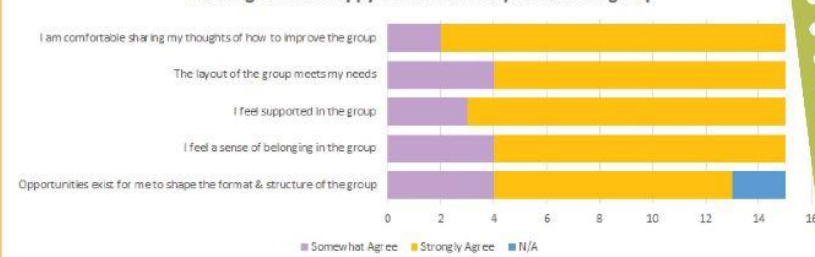
Caregivers are Generally Satisfied with Group Logistics



- Start:**
- longer!
 - eat earlier
 - end on time
- Continue:**
- meal
 - monthly meetings
- Stop:**
- serving food late

Format/Structure

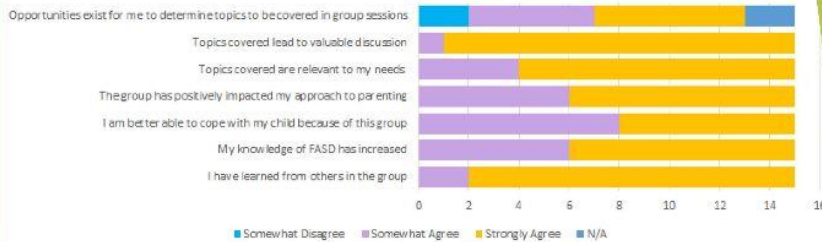
All caregivers are happy with the format/structure of group



- Start:**
- dialogue with group should continue during eating since there is only 2 hrs
 - sharing contact info- become closer to those in the group who share similar situations
 - I love the format of the group, I like to hear from other parents & how similar their issues are to mine

Knowledge gained/topics covered

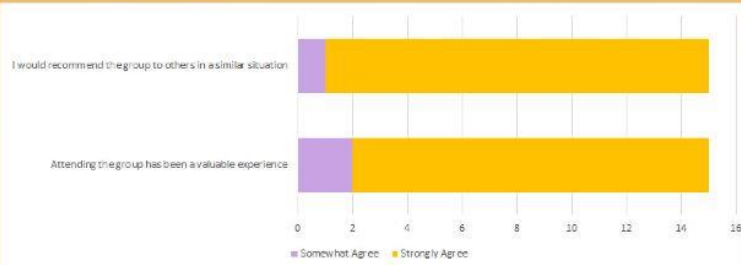
Caregivers are generally happy with knowledge gained from/topics covered with group



Continue:

- sharing resources for supports/sharing suggestions on how to deal with various challenges
- group discussion
- flexible
- sharing, guided, supportive

Overall



Additional Thoughts:

- good program
- very thankful to have this opportunity
- my husband & I have enjoyed being able to use this group to learn & get peer support. We really hope it can continue, such a valuable resource for this community
- Thank you!

The Parent/Caregiver FASD Support Group was established in conjunction with Lutherwood and the Waterloo Region FASD Action Group in September 2019 for the purpose of providing support to parents/caregivers of children with an FASD that experience social isolation caused by a lack of understanding of their child's disability from family, educators, healthcare practitioners, and social service providers. The goal of the support group is to provide a forum

for parents to support and learn from one another, share knowledge, and build skills to improve outcomes for children with FASD and their families.

The Parent/Caregiver FASD Support Group hosts monthly, 2 hour sessions that are structured to include a short presentation on a particular topic of interest, dinner, and an opportunity for group participants to respond and reflect to the content of the presentation based on their personal experiences. Topics have included Understanding the FASD Brain, Acceptance & Strengths, Self-Care, The Importance of Maintaining Family Social Supports, and Transition Points for Those Living with FASD.

Group participants recently completed an anonymous mid-group survey to share their feedback regarding the format/structure of the group as well as the quality of their overall experiences as participants. The following highlights are based on 17 surveys that were submitted by group participants:

- 100% of participants reported that attending the group was valuable experience that they would recommend it to others
- 100% of participants reported that they experienced a sense of belonging, felt supported by other group members, and were comfortable sharing their thoughts on how to improve the group
- 100% of participants reported that their knowledge of FASD had increased, they had learned from the experiences shared by other participants, and they were better able to cope as a result of the group

The Parent/Caregiver FASD Support Group is co-facilitated by Debbie Lowes, Michelle Hughes, Val Sibley, Rob MacDonald, and Wanda White.



Co-facilitators of the Parent/Caregiver FASD Support Group (Debbie Lowes was not available for the group photo though her many contributions are still valued!)

What is new on the FASD Ontario website?

A few events, resources and news have been added to the [FASD Ontario website](#) over the past month.

Upcoming Training - You can find ongoing access to online FASD training suitable for a variety of audiences. Options can be found on the [FASD Ongoing Training page](#) or on [CanFASD's Online Learners page](#).

Coming soon:

- May 11, 2020 - [Mindfulness Monday](#)
- From May 13 to June 3, 2020 - [“What’s Up?” Wednesdays: COVID-19 Information in Plain Language](#)

Live training and events are updated and posted on the [Live Events page](#). If you would like your events to be promoted on our website, [contact us!](#)

Resources - You can find the following resources by searching with the titles in the Keyword field on the [Search for FASD Resources](#) page:

- [COVID-19 Information By and For People with Disabilities](#)
- [Stay-at-Home-Guide for Kids with FASD](#)

We are always looking for new resources to include on the website, if you have any suggestions, please let us know by filling [this form](#).

News items are shared regularly. Recent additions include:

- [Mental Health for Caregivers of Individuals with FASD](#)
 - [FASD and Mental Health for Professionals](#)
 - [Finding isolation tough? One N.W.T. foster mom shares her challenges and tips](#)
 - [Alcohol, Memes, and COVID-19](#)
 - [Coronavirus Disease 2019 – People with Disabilities](#)
 - [First mobile app for caregivers of children with FASD reaches trial stage](#)
 - [NOFAS-UK announcing new projects and upcoming name change](#)
 - [Patients with FASD: Tips for Healthcare Providers](#)
 - [COVID-19 Tips for Caregivers of Individuals with FASD](#)
 - [COVID-19 Tips for Individuals with FASD](#)
-

Please continue to spread the word about [FASD Ontario](#). You can do so by:

- Encouraging others to sign up for the [FASD Ontario listserv](#).
- Using these illustrations: [Web button](#) and [E-mail card](#).
- Reposting resources from FASD Ontario through social media, linking back to [FASD Ontario](#).

www.FASDON.ca

Questions? Comments? Contact:

Angela Geddes, FASD Ontario Project Coordinator

a.geddes@healthnexus.ca

Mise à jour TSAF Ontario - Mai 2020

Cette période continue d'être très étrange et troublante pour nous tous alors que nous nous adaptons aux nombreux changements de style de vie résultant de la pandémie de COVID-19. Les défis peuvent être particulièrement difficiles pour les familles dont les membres ont des besoins complexes, notamment le TSAF, et pour ceux qui connaissent des risques aggravants tels que; perturbation de la famille, perte d'emploi, monoparentalité, enseignement à domicile et lorsque le domicile n'est pas un endroit sûr. Il faut une communauté pour élever un enfant et il y a quelques conseils que nous pouvons tous utiliser au vu de la peur, de la solitude et de l'isolement accrus que beaucoup vivent.

Les membres de la communauté, les dirigeants de groupe de soutien et les prestataires de services de soutien social peuvent :

1. Écouter leur intuition et s'assurer qu'ils établissent réellement une connexion lorsqu'ils sont inquiets avec une approche sûre et non intrusive par téléphone ou par courriel.
2. Penser à de demander si c'est OK de continuer à prendre des nouvelles car la plupart des gens hésitent à demander de l'aide.
3. Offrir un repas, un petit cadeau ou une ressource comme un geste aimable et une occasion de s'engager.

Pendant les périodes de crise ou de stress élevé, certaines familles connaissent des conflits accrus et des situations instables. Le projet des groupes de soutien aux familles et aidants naturels TSAF a élaboré un plan de sécurité (en anglais) que les familles sont encouragées à utiliser pour se préparer au besoin. Le modèle peut être trouvé [ici](#).



Services de relève

Les familles qui ont des besoins complexes comprennent la valeur du répit et le gouvernement de l'Ontario y a répondu. Pour répondre aux besoins uniques et parfois éprouvants liés à la COVID-19, le gouvernement de l'Ontario, le Ministère des Services à l'enfance et des Services sociaux et communautaires a temporairement élargi sa liste de dépenses admissibles dans le cadre du

programme de financement accru des services de relève. Le but, ici, est de faciliter le séjour à la maison et la pratique de distanciation physique pour les familles, ce qui se traduit par des communautés plus saines dans l'ensemble.

Certains des éléments supplémentaires comprennent les articles sensoriels, la technologie, les activités et articles favorisant les activités de loisirs et de conditionnement physique à la maison, les équipements et fournitures de protection individuelle (lorsqu'il seront disponibles), les frais de prestation de services essentiels et les plans de soutien comportemental et interventions connexes.

[Cliquez ici pour plus de détails.](#)

Programme Passeport

Le gouvernement a également élargi le programme Passeport pour ceux qui sont admissibles aux Services de l'Ontario pour les personnes ayant une déficience intellectuelle afin de rendre leur séjour à la maison sûr et stimulant.

[Voir ici pour plus de détails.](#)

Liens et ressources utiles

[Surrey Place](#) a développé une [histoire sociale](#) (en anglais) pour aider un membre de la famille ayant une déficience intellectuelle qui doit être hospitalisé en raison de la COVID-19. Ils ont également élaboré un [formulaire de transfert à l'hôpital](#) (en anglais) pour aider à communiquer tous les besoins spéciaux et les droits des patients en cas d'hospitalisation.

Tout le monde est encouragé à visiter le [blog CanFASD](#) et à s'y abonner pour obtenir des conseils, des stratégies, de l'éducation et des ressources fondés sur des données probantes sur le TSAF.

Temps forts d'un groupe de soutien

Avertissement : Le groupe de soutien *Parent/Caregiver FASD Support Group of Waterloo* avait aimablement partagé certains temps forts avec nous pour notre Mise à jour TSAF de

mars. Malheureusement, certains éléments manquaient dans notre mise à jour. Vous trouverez ci-dessous le segment complet (les infographies sont uniquement en anglais).

FASD Caregiver Support Group

A Successful Start: Sept '19-Jan '20 Summary

- 4 group sessions have been offered to date, 3 more are planned (once per month)
- Approximately 11 caregivers attend each session
- Caregivers were asked to provide feedback via a short survey after 4 sessions, results are incorporated below & will be used to shape the remaining sessions

OVERALL

"Very thankful to have this opportunity."
"We've been super pleased with the group."
"Good program."
-Participants

100%

- attending has been a valuable experience
- would recommend group to others in a similar situation

FORMAT

45 min presentation, 30 min dinner, 45 discussion/feedback/debrief

100%

- feel sense of belonging
- feel supported
- layout of the group meets my needs
- comfortable sharing thoughts of how to improve group
- opportunities exist for me to share the format & structure of the group

"I love the format of the group, like to hear from other parents & how similar their issues are to mine."
-Participant

Suggestions:

- serve food earlier
- dialogue should continue during meal
- longer!

KNOWLEDGE GAINED/ TOPICS COVERED

"My husband and I have enjoyed being able to use this group to learn and get peer support. We really hope it can continue, such a valuable resource for this community."
-Participant

100%

Topics covered include:
Acceptance & Strength Building A Village Safety

The Importance of Self Care Growing Up Guest Speaker Night

- learned from others in the group
- knowledge of FASD has increased
- better able to cope with child because of this group
- group has positively impacted approach to parenting
- topics are relevant
- topics lead to valuable discussion

85%

Suggestions:

- more opportunities to become closer to those in the group
- continue to share resources for supports & suggestions on how to deal with challenges

- opportunities exist to determine topics to be covered in group sessions

LOGISTICS

Sessions are held from 6-8pm at a community meeting space

100%

- time of day works
- locations easily accessible

50%

- childcare makes it possible for me to attend
- transportation allocation makes it possible for me to attend

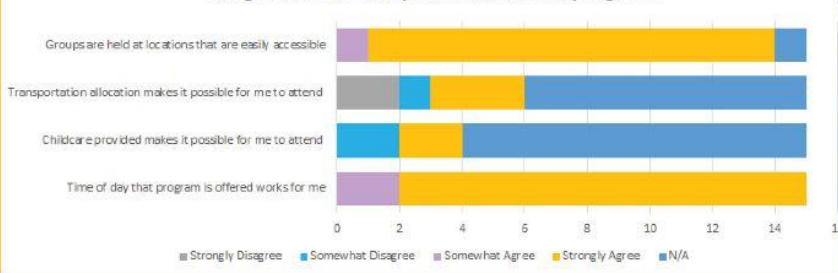
FASD Caregiver Support Group

A Successful Start: Sept '19-Jan '20 Summary

- 4 group sessions have been offered to date, 3 more are planned (once per month)
- Approximately 18 caregivers attend each session
- Caregivers were asked to provide feedback via a short survey after 4 sessions, results are incorporated below & will be used to shape the remaining sessions

Logistics

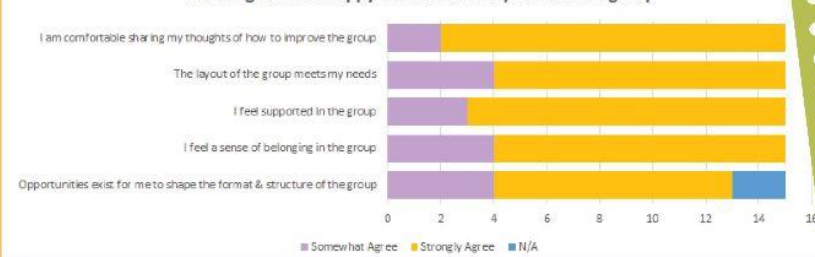
Caregivers are Generally Satisfied with Group Logistics



- Start:**
- longer!
 - eat earlier
 - end on time
- Continue:**
- meal
 - monthly meetings
- Stop:**
- serving food late

Format/Structure

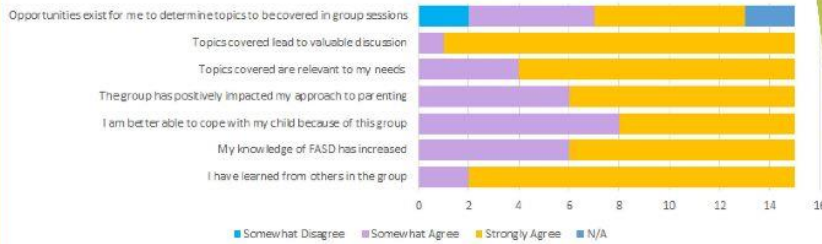
All caregivers are happy with the format/structure of group



- Start:**
- dialogue with group should continue during eating since there is only 2 hrs
 - sharing contact info- become closer to those in the group who share similar situations
 - I love the format of the group, I like to hear from other parents & how similar their issues are to mine

Knowledge gained/topics covered

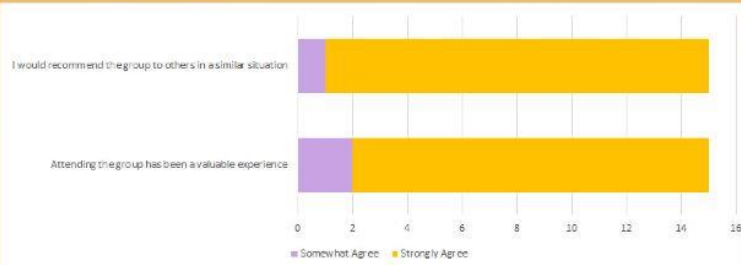
Caregivers are generally happy with knowledge gained from/topics covered with group



Continue:

- sharing resources for supports/sharing suggestions on how to deal with various challenges
- group discussion
- flexible
- sharing, guided, supportive

Overall



Additional Thoughts:

- good program
- very thankful to have this opportunity
- my husband & I have enjoyed being able to use this group to learn & get peer support. We really hope it can continue, such a valuable resource for this community
- Thank you!

Le *Parent/Caregiver FASD Support Group* a été créé en collaboration avec Lutherwood et le *Waterloo Region FASD Action Group* en septembre 2019 dans le but de fournir un soutien aux parents / aidants naturels d'enfants qui ont le TSAF qui connaissent un isolement social causé par un manque de compréhension du handicap de leur enfant de la part de la famille, des éducateurs, des professionnels de la santé et des prestataires de services sociaux. L'objectif

du groupe de soutien est de fournir aux parents un forum pour se soutenir et apprendre les uns des autres, partager leurs connaissances et acquérir des compétences pour améliorer les résultats pour les enfants atteints du TSAF et leurs familles.

Le *Parent/Caregiver FASD Support Group* organise des séances mensuelles de 2 heures qui sont structurées pour inclure une brève présentation sur un sujet d'intérêt particulier, un dîner et une occasion pour les participants du groupe de répondre et de réfléchir au contenu de la présentation en fonction de leur situation et expériences personnelles. Les sujets abordés ont compris *Understanding the FASD Brain, Acceptance & Strengths, Self-Care, The Importance of Maintaining Family Social Supports, and Transition Points for Those Living with FASD*.

Les membres du groupe ont récemment rempli un sondage anonyme en milieu de groupe pour partager leurs commentaires concernant le format / la structure du groupe ainsi que la qualité de leur expérience globale en tant que participants. Les chiffres suivants sont basés sur 17 sondages soumis par les membres du groupe :

- 100% des participants ont indiqué que la participation au groupe était une expérience précieuse qu'ils recommanderaient à d'autres
- 100% des participants ont déclaré avoir éprouvé un sentiment d'appartenance, se sentir soutenus par les autres membres du groupe et se sentir à l'aise de partager leurs réflexions sur la façon d'améliorer le groupe
- 100% des participants ont indiqué que leur connaissance du TSAF avait augmenté, qu'ils avaient appris des expériences partagées par d'autres participants et qu'ils étaient mieux en mesure de faire face grâce au groupe

Le *Parent/Caregiver FASD Support Group* est co-animé par Debbie Lowes, Michelle Hughes, Val Sibley, Rob MacDonald et Wanda White.



Co-animateurs du Parent/Caregiver FASD Support Group (Debbie Lowes n'était pas disponible pour la photo de groupe bien que ses nombreuses contributions soient toujours appréciées!)

Quoi de neuf sur le site TSAF Ontario ?

Quelques événements, ressources et nouvelles ont été ajoutés au [site TSAF Ontario](#) au cours du mois dernier.

Formations - Vous pouvez accéder aux formations sur le TSAF offertes en ligne à l'intention de divers publics, en visitant la page [Formation TSAF continue](#) ou la page [Online Learners de CanFASD](#) (certaines formations sont disponibles en français).

À venir :

- 11 mai 2020 - [Mindfulness Monday](#) (en anglais)
- Du 13 mai au 3 juin 2020 - [“What’s Up?” Wednesdays: COVID-19 Information in Plain Language](#) (en anglais)

Les formations et les événements offerts en direct sont affichés et mis à jour sur la page [Événements en direct](#). Si vous désirez faire la promotion de vos événements sur notre site Web, [communiquez avec nous!](#)

Ressources - Vous pouvez trouver les ressources suivantes en faisant une recherche avec les titres dans le champs Mot-clé sur la page [Chercher des ressources sur le TSAF](#) :

- [COVID-19 Information By and For People with Disabilities](#) (en anglais)
- [Stay-at-Home-Guide for Kids with FASD](#) (en anglais)

Nous sommes toujours à la recherche de nouvelles ressources à ajouter à notre site Web. Si vous avez des suggestions, n’hésitez pas à nous en faire part en remplissant notre [formulaire](#).

Des nouvelles sont partagées régulièrement. Les ajouts récents incluent :

- [Mental Health for Caregivers of Individuals with FASD](#) (en anglais)
- [FASD and Mental Health for Professionals](#) (en anglais)
- [Finding isolation tough? One N.W.T. foster mom shares her challenges and tips](#) (en anglais)
- [Alcohol, Memes, and COVID-19](#) (en anglais)
- [Coronavirus Disease 2019 – People with Disabilities](#) (en anglais)
- [First mobile app for caregivers of children with FASD reaches trial stage](#) (en anglais)
- [NOFAS-UK announcing new projects and upcoming name change](#) (en anglais)
- [Patients with FASD: Tips for Healthcare Providers](#) (en anglais)
- [COVID-19 Tips for Caregivers of Individuals with FASD](#) (en anglais)
- [COVID-19 Tips for Individuals with FASD](#) (en anglais)

S'il vous plait, continuez à faire la promotion de [TSAF Ontario](#). Vous pouvez le faire des façons suivantes :

- En encourageant d'autres personnes à s'inscrire au [réseau TSAF Ontario](#).
- En utilisant ces illustrations téléchargeables : [bannière Web](#) et [carte courriel](#).
- En partageant des ressources de TSAF Ontario à travers vos réseaux sociaux et en les associant à [TSAF Ontario](#).

www.TSAFON.ca

Des questions ? Des commentaires ? Communiquez avec :

Angela Geddes, Coordonnatrice du projet TSAF Ontario

a.geddes@healthnexus.ca

© 2020 Health Nexus - Nexus santé

FASD Update - May 2020 | Mise à jour TSAF - Mai 2020

[Unsubscribe from this list](#)

[Annuler votre abonnement électronique](#)

Health Nexus Santé

240 Richmond Street W, Toronto, ON M5V 1V6

healthnexus.ca | beststart.org | fasdON.ca

nexussante.ca | meilleurdepart.org | tsafON.ca