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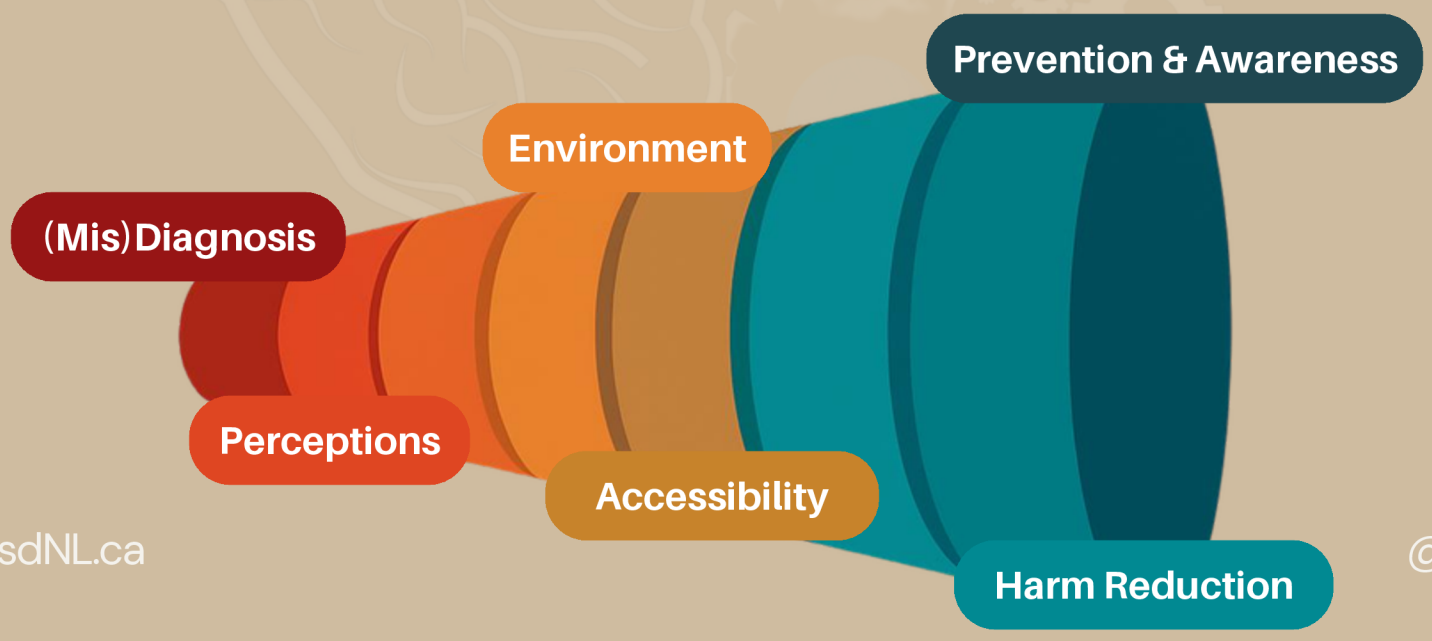
FASD-Informed Lens

Whether living with, working with, or supporting someone diagnosed with or suspected of having FASD, it's vital to **look through** an **FASD-informed lens**.

We have shared about confabulation, sensory and memory challenges, dysmaturity, stigma, executive functioning, plus more in the **context** of FASD. It is important to **recognize the impact our perceptions and beliefs** have on our **understanding** of these, and how our **perceptions affect others**.

Looking through an FASD-informed lens can help us better understand how **FASD intersects** with and **impacts** people's **daily lives**.



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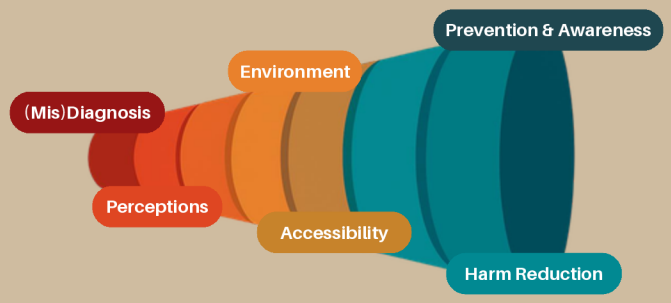
For example, looking at **confabulation** without recognizing how FASD intersects with and affects memory recall, understanding, executive functioning, and more, means we may think someone is simply lying, especially if we are not educated on FASD or confabulation.

Getting a formal **diagnosis** can be a lengthly, costly, difficult process, especially if misdiagnosed. Without a diagnosis, we may **perceive** someone who is confabulating because of how their FASD manifests, as intentionally lying. If the **environment** is not supportive or FASD-informed, FASD may not even be queried. Not to mention **accessibility** of supports often being dependent on a formal diagnosis. Further, **harm-reduction** is important so people who may be struggling with alcohol use while pregnant feel comfortable accessing help (if available). **Prevention and awareness** are imperative to advancing understanding.



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