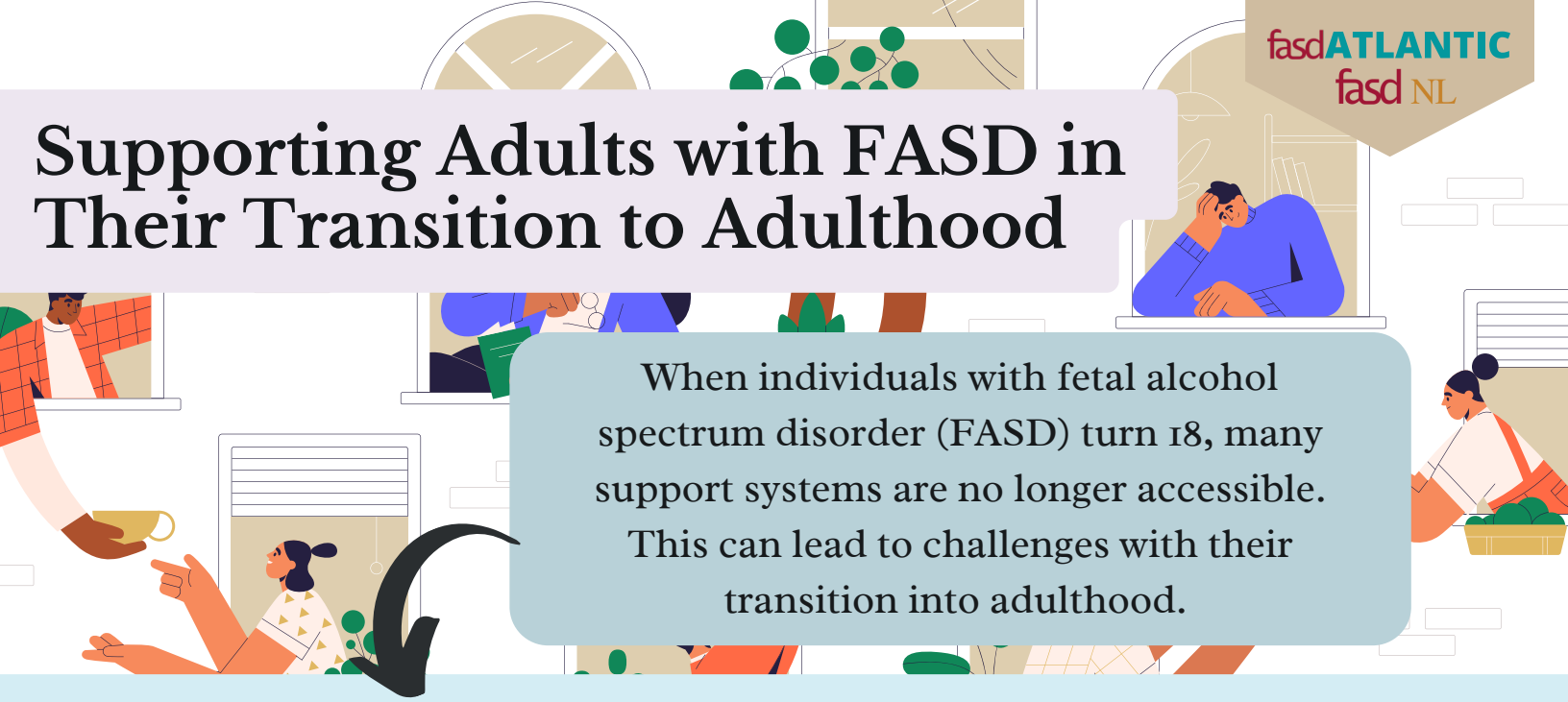
Supporting Adults with FASD in Their Transition to Adulthood



When individuals with fetal alcohol spectrum disorder (FASD) turn 18, many support systems are no longer accessible. This can lead to challenges with their transition into adulthood.

Here are some areas of focus for supporting individuals with FASD as they transition into adulthood:

1. Employment

When adults with FASD are employed, they benefit from:

- Increased access to financial resources
- Opportunities for social connections
- Increased self-esteem and self worth
- Improved quality of life
- Increased independence

How can we help support adults with FASD to obtain and maintain employment?

FASD-informed...

- Workplace training
- Employment accommodations
- Personal support and coaching

2. Housing

Housing that meets individual needs is important for maintaining a sense of:

- Dignity
- Safety
- Inclusion

Housing will look different for each person and their desired level of independence. Accessible housing might include:

- Group living
- Assisted living
- Life-long case workers
- Support animals
- Financial guidance and support

3. Personal Well-Being

Personal well-being is important to help overcome challenges when transitioning to adulthood.

Ways to promote personal well-being include:

Accessible counselling and a safe space to talk through personal struggles

A sense of community and strong relationships

Building on individual strengths and abilities, which helps to develop a more positive self-image.

4. Education

Adults with FASD should have access to higher education if they want to pursue it.

Adults with FASD can be supported in their education with FASD-informed accommodations in areas like:

1. Transitioning from high-school to post-secondary

2. Method of teaching

3. Method of evaluation

This resource was developed by Jessica Weiland as part of a knowledge mobilization project in Applied Social Research at Mount Allison University.