

Adult FASD Assessment Clinic

Fetal Alcohol Spectrum Disorders (FASD) is a term that includes all of the difficulties that individuals may have if they were exposed to alcohol prenatally (in the womb). These difficulties may involve problems with thinking, behavior, and emotional functioning.

Who is the Clinic for?

The Adult FASD Assessment Clinic is for individuals (18 – 40 years) from the Edmonton area, who are experiencing difficulties that are suspected to be the result of prenatal alcohol exposure. These individuals may have difficulty with education, employment, and independent living.

- Confirmation of prenatal alcohol exposure will be needed before the assessment can take place. The clinic coordinator can assist with this.

How can an individual access the clinic?

A referral is needed.

Who can refer?

Mentors or advocates that are from an agency or service associated with the Edmonton Fetal Alcohol Network (EFAN) can refer their clients for an assessment

- The mentors or advocates will serve as the primary contact. They must be able to support their clients throughout the assessment process and be able to provide follow-up.

Who is involved?

The assessment team includes a Coordinator, a Neuropsychologist, a Psychometrist, a Registered Nurse, and a Social Worker. During the assessment process the team will work with clients, their mentors or advocates, and any other support people that they would like to involve in their assessment. This could include family members, close personal friends, and any professionals or service providers they may be working with.

As one of Canada's premier rehabilitation facilities, the Glenrose Rehabilitation Hospital offers specialized inpatient and outpatient programs for children and adults. Through the special skills of our physicians and staff, it is a place where patients and their families meet the challenges of disability and seek to improve their physical, mental, and spiritual health. Established in 1964, the Glenrose continues as a leader in geriatric and rehabilitation research, technology, education and rehabilitation programs for residents of Northern and Central Alberta and beyond.

The Adult FASD Assessment Clinic is part of a three year Demonstration Project that is funded by the FASD Cross Ministry Committee.

How long does the assessment take?

The assessment team will need to access birth, health, and education records as well as other relevant documents such as adoption, mental health, and social service records. Consent will need to be provided by clients for these records to be obtained. It may take up to three months (or longer) for the records to be received. When all of the records and required documentation are received, the mentors or advocates will be contacted to schedule an appointment.

The assessment will consist of at least three sessions. More time may also be required for consultation with a physician or other health care professionals before a diagnosis can be made.

What happens in the assessment process?

Clients and their family members or caregivers will be interviewed and asked to fill out some questionnaires. Clients will complete about six hours of testing to look at their thinking skills. The assessment will also include a brief health screening, and the nurse will take pictures to look at facial features that are sometimes seen in individuals with prenatal alcohol exposure. The nurse will also consult with family physicians whenever possible to assess for any past or current medical concerns that could impact the assessment.

How will the results of the assessment be provided?

Clients may or may not receive an FASD diagnosis; however, the results of the assessment will be shared with them, their mentors or advocates and anyone else they choose to include. Clients (and their support people) will have an opportunity to learn about their strengths and areas of difficulty. A management plan to address their current needs will be developed and will include linkage to services and supports. The mentors and advocates will help with the management plan.

For additional information contact:

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