

# Raja and Neil's FASD Book Club

## Transition Into Adulthood & Avoiding Secondary Disabilities



Professor Raja Mukherjee is an FASD expert. He started the FASD Clinic in Surrey, England.



In this session, Raja spoke about how FASD affects people differently as they get older.

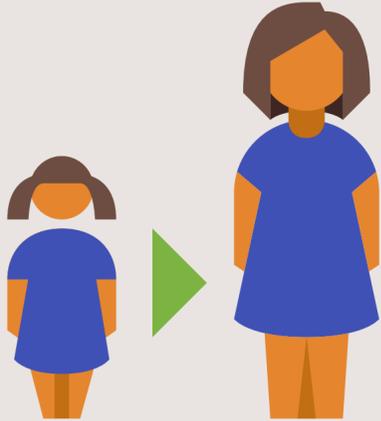


He spoke about how it's important for people with FASD to get an FASD diagnosis.



He also said that it's important that we stop focussing on what people with FASD can't do, and look at what they CAN do instead.

# FASD looks different at different ages



'People with FASD develop at a different pace to people who don't have FASD.'



As people get older, the differences between people with FASD and people without FASD become more clear.

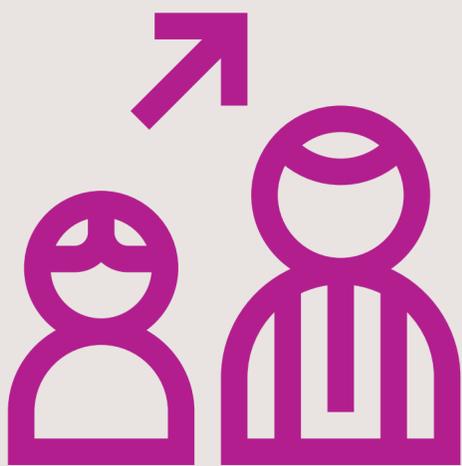


FASD shows itself in different ways as people get older, and there are different signs to look out for along the way.



FASD is a mix of more than 400 different conditions, and these can also show themselves differently with age, and become more jumbled without a diagnosis.

# Potential problems with FASD in adulthood



Because people with FASD develop at different rates to people without FASD, this can cause problems as people with FASD become adults.



As we age, the people around us expect us to behave in certain ways, and to be able to do certain things.



People with FASD may not meet the expectations of other people as they age, and might behave in ways that others don't expect or even think are wrong.



This can lead to problems with education, employment or even the law in later life.

# Raja's solution

Raja suggests that in order to fix this, we need to move away from focussing on what people with FASD can't do, and look more at what they can do.



He suggests people with FASD can build on:



1 - Self-awareness (recognising the impact that you have on others and how you interact with the world around you).



2 - Being open to support from others.



3 - Being able to make connections with other people.



4 - Perseverance (to keep trying, even when things are hard).



5 - Having hope for the future.

# Timeline of key moments as a person with FASD gets older



Preschool: Identify the person's needs to help pick the right preschool



Age 10: Check the person's needs again, because they might have changed. This can help pick the right secondary school for them.



People's expectations of them begin to change as they become a teenager. Need to make sure support stays in place.



Age 14: Begin to plan what the person might need when they become an adult.

# Timeline of key moments as a person with FASD gets older - continued



Age 16: At this age, the person can start to consent for themselves. They may still be vulnerable though, and might require extra help.



Age 18: Make sure the person understands their own needs to help keep them safer from bad people or choices.

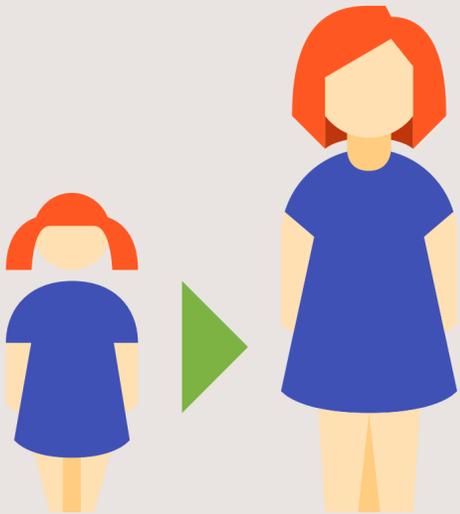


Age 18 and up: It's important to make sure the person still has support as an adult. This can help to reduce the chance of mental health problems and let them build on their strengths.



# Raja's conclusions

Raja says that this chapter of the book has a few key conclusions:



It's still hard to see what challenges people will face in later life by looking at what they find hard when they are young.



It's clear that both physical and mental effects of FASD have a life-long impact on people with FASD.



When people with FASD are supported as children and as adults, and are helped to build on their strengths, they are more likely to live better lives.

# Raja's conclusions (continued)



When people with FASD face challenges, it's important that the challenges are faced, and not hidden. Otherwise they can become worse over time.

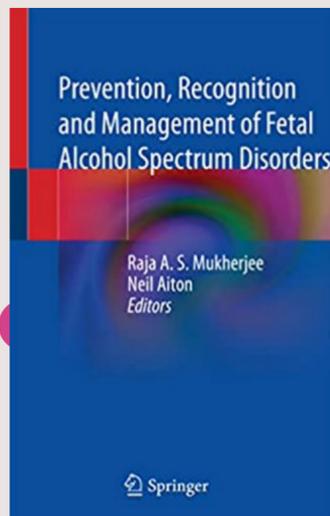


If these problems are not faced, they can cause problems for the person with FASD, but also for society through financial and social challenges.



If the person with FASD is supported properly through different stages of their life, the effects of these challenges can be minimised.

# What is Raja & Neil's FASD Bookclub?



Prof Raja Mukherjee and Dr Neil Aiton wrote a book for other doctors about FASD. But they hope more people can access the information.



In this online book club people who wrote chapters give 15- minute talks about what they wrote and then they answer questions.



After each book club, the talks are shared on National FASD's YouTube channel.



You don't have to read the book. It's expensive because it's for libraries and universities. But if you want to order it, it's here:

<https://tinyurl.com/RajaAndNeilFASDBook>