

## How to access the Adult FASD Diagnostic Clinic

The Adult FASD Diagnostic Clinic can be accessed by any individual in the Northwest Territories.

## How to refer to the Adult FASD Diagnostic Clinic

- Referrals to the Adult FASD Diagnostic Clinic can be made by any of the following:
  - ◇ Health and Social Services Worker
  - ◇ Government and non-government organizations
  - ◇ Family members
  - ◇ Self-referrals
- Referral forms are accessed through the NTHSSA website, Electronic Medical Records or by contacting the Adult FASD Program Coordinator.

## For further information contact

Adult FASD Program Coordinator  
Phone: 867-446-3522  
Email: [adultFASDprogram@gov.nt.ca](mailto:adultFASDprogram@gov.nt.ca)

**Northwest Territories Health  
and Social Services Authority**  
Box 1320, Yellowknife, NT X1A 2L9



NORTHWEST TERRITORIES  
Health and Social  
Services Authority

# Adult FASD Diagnostic Clinic





## Fetal Alcohol Spectrum Disorder

Individuals living with FASD experience secondary characteristics developed in response to the chronic frustration in their daily lives. These characteristics can include:

- Frustration
- Fatigue
- Confusion
- Anxiety
- Aggression
- Destructive Behaviours
- Loneliness, isolation
- Being easily manipulated by others
- Being disruptive
- Fear, avoidance, being withdrawn
- Disengagement

Most people process information from their environment automatically — individuals living with FASD may have difficulty with this processing, and may be easily distracted and/or over stimulated by their environment. This makes it difficult to attend to a task and/or transition between activities.

## Fetal Alcohol Spectrum Disorder (FASD) results from pre-natal exposure to alcohol.

The effects of FASD differ from one person to the next. There is a spectrum of brain differences for individuals living with FASD. These differences can cause different learning, behavioural and daily living challenges.

### Program Goals

Individuals living with FASD have many strengths that need to be recognized, nurtured and developed.

The goal of the Adult FASD Diagnostic Clinic is to develop and implement appropriate intervention strategies for adults diagnosed with FASD and their support systems.

## Adult FASD Diagnostic Clinic Process

- Requires assessments from a multi-disciplinary team, whose members include:
  - ◊ Adult FASD Program Coordinator
  - ◊ Physician, Neuropsychologists
  - ◊ Speech Language Pathologist
  - ◊ Occupational Therapist
- Requires confirmation of prenatal alcohol exposure
- The multidisciplinary team collaborates to diagnose and provide individualized recommendations to help support individuals living with FASD.

### Clinic Location

The Adult FASD Diagnostic Clinic will be located in Yellowknife and clients will travel from their home community to be assessed by the multidisciplinary team.