



WE ARE...

a parent-led provincial organization that supports parents, families, children, youth and adults living with FASD.



OUR VISION...

is for individuals with Fetal Alcohol Spectrum Disorder and their families to recognize themselves as safe, supported, valued and contributing members of all communities throughout the province.



OUR WORK...

includes information sharing, advocating for life-long supports, partnering with others, increasing awareness of FASD and promoting understanding of FASD.



Contact us:

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GETTING HELP FROM THE COGNITIVE DISABILITIES STRATEGY

CALL THE FASD SUPPORT NETWORK TOLL-FREE LINE 1-866-673-3276

Staff at the Network office will share information about the Strategy, help with the CDS application process or connect you with the consultant in your region.

VISIT THE NETWORK WEBSITE www.skfasnetwork.ca

On our website, download the CDS Contact List for names and numbers of all regional contacts. You can also download a CDS Information Sheet that might answer many of your questions.

CALL CUMFI WELLNESS CENTRE 306-975-1949

Cumfi Wellness Centre offers mentoring services to Saskatoon youth and adults with FASD .

CALL ABORIGINAL FAMILY SERVICES 306-525-4161

Mentoring support is available for youth and adults with FASD in Regina . Mentors help individuals to live safer and healthier lives.

CREATE A SUPPORT TEAM

A support team can offer many benefits. Consider asking friends, professionals, coaches, employers, teachers, counselors or other service providers to be part of a support team.

SEEK SUPPORT FROM COMMUNITY

Most communities have some services and supports already in place. Seek out the services that are in your community.



THE SASKATCHEWAN COGNITIVE DISABILITIES STRATEGY...

Helping
Children, Youth, Adults
and Families
Living with FASD



FASD IS A COGNITIVE DISABILITY

When someone has a cognitive disability, this means that her or his brain works differently. That person may struggle with things like learning, thinking, reasoning, problem solving, understanding information, making decisions or remembering.

Because of prenatal exposure to alcohol, people with **Fetal Alcohol Spectrum Disorder (FASD)** have a range of primary physical, cognitive, sensory and behavioural disabilities. This range of disabilities is different for everyone and creates a need for services and supports.

Without services and supports, individuals with FASD are at high risk for developing secondary disabilities. This includes things like mental health problems, addictions, trouble with the law, education and employment problems, isolation, poverty and homelessness.

Our community members with FASD and other cognitive disabilities are vulnerable and almost always have a variety of unmet needs. When the unmet needs are addressed through services and supports, individuals of all ages have a greater chance to live **safe, healthy and successful lives**.

WHAT IS THE COGNITIVE DISABILITIES STRATEGY?

The **Cognitive Disabilities Strategy (CDS)** is a provincial plan for citizens with cognitive disabilities. The CDS is offered province-wide through each health region. Each region has a Cognitive Disability Consultant or a main contact. The CDS consultant can help individuals and families identify needs, develop plans, set goals, seek out other services, answer questions and access the strategy.

The CDS has four main goals:

- To provide services and supports to address unmet needs of people with FASD and their families.
- To improve the availability of assessment and diagnostic services.
- To increase the knowledge and skills of those who provide support and services to people with FASD.
- To strengthen FASD prevention and intervention approaches throughout the province.

WHAT KIND OF HELP IS AVAILABLE?

Every person with FASD is unique and will have different strengths and struggles. The CDS is an individualized program so it might look different for each person. Two important things for you to know:

1. **The CDS is for children, youth and adults in Saskatchewan.**
2. **A diagnosis is not needed to be eligible for CDS services.**

Here is a list describing how individuals and families have used CDS benefits:

- **Mentors** have been hired for children, youth or adults. Mentors help with daily activities to create opportunities for success.
- **Respite care** has been arranged so individuals and family members can have a break or a rest.
- Parents with FASD have received **parenting support and help with child care**.
- Elementary, high school and post-secondary students have hired a **tutor for help with school work**.
- Some people pay for **specialized therapeutic interventions** like counseling, art therapy or specialized recreational activities.
- Support can be offered to help with **assessment and diagnostic services**.