

Network News

February 2007, Issue 14

A Note to Readers

by Beverly Palibroda

The Network would like to say a huge Thank You to all the folks across Saskatchewan who have attended the recent workshops, requested information packages, ordered pictorial materials or called our toll-free line for information or support. We love to be busy so please continue to connect with us. It is so encouraging to know that we are reaching families and community members.

Our website has been updated. Check out the Network Resources to find a Question and Answer section. You can also download the FASD Tips or other information. If there is something you would like to see added to our website or have an idea for the Network News, please let us know. We would be happy to hear from you.

Did You Know???

Upcoming FASD Training Opportunities

Free sessions will be held in the communities of La Ronge and Yorkton. The sessions will be of interest to family members, community members and professionals from various sectors. Lunch and refreshments provided. A Parents' Night will be held in both locations. For more information contact the Network.

- La Ronge February 20-21st
- Yorkton March 19-20th

The 2nd International Conference on Fetal Alcohol Spectrum Disorder: Research, Policy, and Practice Around the World

March 7th - 10th, 2007 Victoria, BC

For more information, contact:

University of British Columbia Interprofessional Continuing Education
(604) 822-0054 <http://www.interprofessional.ubc.ca>

Positive Approaches to Solving Behaviour Challenges

Seminars to Promote Positive Practices in the Field of Challenging Behaviour
Sponsored by Saskatchewan Health and the Department of Community Resources
Saskatoon Inn Hotel & Conference Centre

March 13 – 16, 2007

Contact the Network or check our website for a Registration form.

4 day Workshop on Supporting/Treating Youth and Adults with FASD and Executive Function Deficits with Drs. Tim Feeny and Mark Ylvisaker

March 26th to the 29th, 2007

For more information about the presenters and this workshop, please contact Bonnie Sentes 766-6700.

Employment Conference: Preparing Individuals with High Functioning Autism and Asperger's Disorder for the World of Work.

April 26 & 27, 2007

Many of the vocational strategies reviewed at this conference can be adapted for individuals with other disabilities such as FASD.

For more information visit the Autism Resource Website at www.autismresourcecentre.com/conference or call 569-0858.

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Help Yourself by Helping your Child or Teen Understand Time

Time. Parents and caregivers of individuals with FASD are regularly pulled in many directions and have a “To Do” list that would make a lot of us shake in our boots. It might feel like there is never enough time in the day. Stress, caused by time pressures, can be reduced by using strategies to help your child or teen learn to better understand time and manage her or his own time. Because of brain differences, it can be difficult for people with Fetal Alcohol Spectrum Disorder to understand time. Time is an abstract idea. We know that people with FASD learn best when they can touch and see things – time cannot be touched or seen. Time is complicated. There is the telling of time, like reading a watch or a clock on the wall. This involves an understanding of numbers and numbers can be very confusing. There is the passage of time, such as playing for 30 minutes while waiting for supper. This requires an “internal clock” but many people with FASD do not seem to have an internal clock to help them manage or understand the passage of time. There is also being on time, being early or late! We all know what a struggle this can be. Here are some tips to support people with FASD to better understand and manage time.



1. Establish routines that will help to develop habits. The habits will serve in place of the inner clock.
2. Use an egg timer for activities like showering and brushing teeth. Teach your child how to set the timer. You can even make a chart to remind how long to set the timer.
3. Use an egg timer or the timer on the oven that will buzz to remind the child or teen when it is time to put away books, toys, or turn off the TV and get ready for bed.
4. Write down what time the child or teen is to leave for school. Tape this paper under the digital clock on the microwave. Tell your child, “When the numbers match it’s time to leave for school.”
5. Compare the passing of time to something the

child might understand. “We will be at Grandma’s house in the time it takes to watch Rugrats.”

6. Use the radio or TV to help the child understand when it’s time to do something or how long it will take to do something. “We will fold laundry for one more song.”
7. Link the time of day to an activity such as brushing teeth before bed or washing the dishes right after breakfast. Stick to these routines the best you can. This will help the child develop good lifelong habits.
8. FASD causes faulty memory. Teach your child to write down appointments and events in an agenda or day timer and to refer to it often during the day. Use pictures to replace words.
9. Be your child or teen’s ‘external brain’. They need your help to understand what they need to do and when they need to do it.



Tools you can use:

- Egg timer
- Wrist watch with alarm
- Day planner
- Calendar with colour coding, pictures, stickers or other visual reminders
- List posted on wall to help stay on track
- Music to act as an external reminder
- Clear concrete language to speak about time
- Voice recorder to listen to reminders of event details
- Use a camera to take picture of activities. Use the pictures in the day planner or on a wall chart.



**Adapted From FASD Tips for Parents and Caregivers
Tip Sheets written by parents of children, youth, and adults affected by FASD.
Downloadable from our website at www.skfasnetwork.ca**



Important Information for Parents and Caregivers

Families Benefit from Saskatchewan's Action Plan for Citizens with Cognitive Disabilities

For well over a year, the Saskatchewan Government has been administering the Cognitive Disability Strategy as a means of providing better support for children, youth and adults with cognitive disabilities, such as Fetal Alcohol Spectrum Disorder. Families and individuals affected by FASD may be eligible for services offered through the strategy.

The vision of the Action Plan for Citizens with Cognitive Disabilities is a community that supports persons with cognitive disabilities so that each individual is able to participate and contribute as a full citizen in the economic and social life in Saskatchewan.

Consultants are working throughout the province and families have successfully accessed support through the strategy. Some families have hired a mentor to provide help with recreation and leisure, support with daily living skills, or employment support. Other families have received funding for occupational therapy or speech therapy services. For more information, help with the application process, or to be connected with the Cognitive Disability Consultant in your region, call the Network on our toll free line 1-866-673-FASN (3276) or if you are in Saskatoon call 975-0884.



Reference: www.health.gov.sk.ca/fs_cognitive_disabilities.pdf Communities Working Together: Saskatchewan's Action Plan for Citizens with Cognitive Disabilities
Accessed Online October 6, 2005.

The Child Disability Benefit

Families affected by FASD **may be** eligible for the Child Disability Benefit (CDB). This is a tax-free benefit of up to \$2,300 per year for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

Families who are eligible for Canada Child Tax Benefit for a child will receive the CDB only if the child also qualifies for the Disability Amount, also known as the Disability Tax Credit. Not all children with disabilities will qualify for this benefit. Only children with **severe and prolonged** disabilities according to the *Income Tax Act* are eligible.

The form you will need is **Form T2201**, Disability Tax Credit Certificate. This form must be completed and signed by a qualified practitioner such as a medical doctor, optometrist, audiologist, occupational therapist, psychologist, speech-language pathologist or physiotherapist. By signing the form, the practitioner certifies that your child does have a **severe and prolonged** impairment in mental or physical functions and that **one** of the following applies:

- The child is blind, even with the use of corrective lenses or medication;
- The child is **markedly restricted** in his or her ability to perform a basic activity of daily living;
- The child is significantly restricted in his or her ability to perform two or more basic activities of daily living, the cumulative effect of these significant restrictions is equivalent to having a marked restriction in a single basic activity of daily living;
- The child must dedicate a certain amount of time specifically for **life-sustaining therapy**.

A family can apply for the Child Disability Benefit by completing Form T2201, getting it signed by a practitioner and submitting it to the Tax Centre. The Canada Revenue Agency (CRA) will determine whether or not you are eligible to receive the benefit. Applications are processed throughout the year, so you don't have to wait until it's time to file your tax return to send in your form.

To get the forms or guides mailed to you, or if you need help **contact the Canada Revenue Agency** at 1-800-959-2221. Forms and information can be accessed online at www.cra.gc.ca/forms or call the Network for help.

Update on our Poster Project

An eye catching poster with a clear and simple message can truly reach the public. Recently the Network has been working with a design company to develop a poster. It is our hope that the poster will increase public awareness of the Network and the services and supports that are available to individuals affected by FASD, their families and circles of support.

We really want the public to know about and use our toll-free telephone warm-line. Parents, caregivers, professionals, and persons affected by FASD can call the toll-free line to speak to Network staff. All calls are confidential and every effort is made to provide respectful and effective telephone support. In many cases callers receive print information, referral to other resources, or are linked to a board member for further discussion of parenting strategies and advocacy issues. Whatever the reason for the call, all callers are met with kind words and understanding.

Our new posters will be distributed widely in hopes that more community members become aware of the FASD Support Network and our services. If you would like to display our poster or would like copies of Network materials, please contact Beverly by email at skfasnetwork@sasktel.net, call our toll free line **1-866-673-3276** or in Saskatoon call 975-0806. You can even send the order form below by mail to 510 Cynthia Street, Saskatoon, SK, S7K 7L7.

Materials Available from the Network

The Network is happy to provide information about FASD to families, caregivers, support personnel, persons with FASD, professionals, students and community organizations. We have a range of materials and resources available

Basic FASD Information Package—for general information about FASD.

Parent Information Package—information sheets, FASD Tips plus extra booklets just for parents.

Parent Support Group Manual—a manual outlining the steps to start and run a support group for parents and caregivers of children, youth, or adults with FASD please send \$10.00 to cover costs.

FASD Tips For Parents and Caregivers—handy information sheets with examples, tips and support strategies useful in everyday situations. Available on our website to download and print at home.

Sample Package Pictorial FASD Tips—the same great information as the text version of the FASD Tips for Parents and Caregivers, but in fun pictures and quick and easy to understand statements.

Sample of Living with FASD—a 12 page publication sent out twice yearly to members. The publication includes local, regional, national and international news and research information.

Network Membership—annual membership with the FASD Support Network is \$15.00. Membership includes a quarterly newsletter, biannual publication, copies of FASD Tips in text and pictorial versions, and new materials as they come available.

Yes, I am interested in receiving information about FASD and the FASD Support Network. I would like to receive:

_____ Network Poster to display
_____ Basic FASD Information Package
_____ Parent Information package
_____ Sample of Living with FASD

_____ Sample of Pictorial FASD Tips
_____ Text Version of FASD Tips
_____ Parent Support Group Manual (\$10.00)
_____ Network Membership (\$15.00)

Please send my request to:

Here is my email address to receive the Network News:
