

What to Expect at an FASD Assessment

What is the FASD Assessment Clinic?

This is a specialized clinic to conduct tests and determine if someone meets the criteria for an FASD diagnosis.

Currently, Nunavut's assessments are only available to children aged 3-17.

FASD assessments are done by a multidisciplinary team.

The team may include:



Pediatrician - a doctor with experience and knowledge about children's health and FASD

Neuropsychologist - a specialist in the relationship between the physical brain and behaviour.



Speech Language Pathologist - a specialist in communication and auditory information processes.

Occupational Therapist - a specialist in the way the body moves and processes information, and how to promote independence in daily tasks.



Interpreter - available by request to help you communicate with health care staff.

What is Fetal Alcohol Spectrum Disorder (FASD)?

The Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD) describes FASD as:

“A diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol.

FASD is a lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Each individual with FASD is unique and has areas of both strengths and challenges.”



What happens before the visiting the Clinic?

- With the help of your healthcare provider, you will gather information to help the FASD Assessment Team before the in-person assessment takes place.
- If you live outside of Iqaluit, your travel will be arranged by Medical Travel.
- If you choose, you may contact Piruqatigiit Resource Centre for support at any time during the process. Please contact us if you would like to set up a meeting.



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What happens at your appointment?

- Each child may have different assessments with some healthcare providers (pediatrician, neuropsychologist, speech language pathologist and occupational therapist).
- You or your child may have several appointments over multiple days.
- Piruqatigiit Resource Centre will provide you with helpful information about FASD and approaches that can better assist your child and your family.

Support is available.

There is help available to Nunavummiut. Piruqatigiit Resource Centre can help connect you with information and support.

People who may be impacted by FASD:

- People with FASD
- Caregivers
- Siblings and close relatives

Services and resources:

- Peer support for caregivers
- Arrange having an Elder present to provide guidance and support who has FASD knowledge and experience
- Accompany you to appointments
- Provide sensory space for children at our Centre
- Ongoing support by telephone, video and through our web-based learning materials



Why do some people choose to be assessed?

- It may help to understand the challenges people with FASD experience and guide strategies or accommodations to better support their needs and strengths.
- A diagnosis provides information that can support applications for financial supports or supportive services for the individual or their caregivers.
- Having a diagnosis protects the rights of children and youth to access school-based accommodations and other needed supports and learning approaches.
- It can help others see the person as having hidden difficulties that impact outward behaviour and learning, rather than seeing the person as 'being difficult' and accommodating accordingly.

Contact Us

Main Office Location:
1089 F Mivvik St, Iqaluit

Main Phone:
867-877-4155

Email:
info@piruqatigiit.ca

Website:
www.piruqatigiit.ca

Facebook:
<https://www.facebook.com/piruqatigiit>

