

# INTERVENTION GUIDELINES *for* STUDENTS WITH FASD

FASD is a physical disability. Developing appropriate accommodations and services requires the IEP team to view the student through a neurodevelopmental/brain-based lens. With FASD, it is important to view the student's difficulties as a manifestation of their disability rather than as purposeful behaviors.

## Interventions that are likely to be **SUPPORTIVE**

- Self-directed breaks
- Structure and predictability
- 8 Magic Keys (fasdoutreach.ca)
- Supervision across settings
- Consistency and repetition
- Trauma-informed care
- Think brain, not behavior
- Universal Design for Learning (UDL)
- Creating trusting relationships
- Relationally-based interventions
- Strength-Based approach to teaching
- Plan and practice any expected change in routine
- Support for executive functions and interdependency
- Creating opportunities for movement within the classroom
- Expectations must meet the developmental level of the student
- Any mental health interventions must be adapted to allow for cognitive and language processing deficits
- Sensory Processing supports designed by an Occupational Therapist with sensory processing expertise
- Social Communication supports by Speech Language Pathologist (SLP)
- Robust Transition Plans that include self-advocacy, interdependency, and connections to support systems
- The emphasis is on shifting the environment and expectations to meet the needs of the student
- Incorporate adaptive skills into the curriculum (money, math, time, safety awareness)
- Individualized accommodations based on the student's learning profile  
(rather than behavior modifications; think physical disability)

## Interventions that are likely to be **INEFFECTIVE** and/or **HARMFUL**

### **Rewards & Punishments**

(i.e. point systems, level systems, sticker charts)

### **Behavioral Modification**

(including compliance-based behavioral intervention plans)

### **Applied Behavioral Analysis (ABA)**

### **Cognitive Behavioral Therapy (CBT)**

(unless specifically adapted to utilize  
FASD-Informed approaches)