



# INFO FOR FAMILY & CAREGIVERS

10<sup>th</sup> International Conference on

## Adolescents and Adults with Fetal Alcohol Spectrum Disorders

Integrating Research, Practice, and Policy Around the World

**The Teen and Adult Program runs over 3 partial days. There will be time when the research conference has programming, but the adult stream does not.**

- Planned and led by a committee of people with FASD
- Open only to teens and adults with FASD (or who believe they have FASD) who are 17 years of age or older.
- Not open to other family members/parents/caregivers
- Held in separate rooms at the same hotel as the main conference

**This program is designed to be a safe place where participants can:**

- Learn about FASD from mentors and leaders who have FASD
- Connect with others who understand their experiences
- Ask questions and share openly
- Feel accepted and growing a sense of belonging

**There are also living experience-led features in the research conference:**

- Mini-keynote talks given by teens and adults with FASD before each main plenary session
- A closing ceremony where any participant with FASD who wishes to can take part

***THIS PROGRAM IS FREE FOR PEOPLE WITH FASD***

## THINGS TO KNOW AHEAD OF TIME

- The days can be very tiring. Plan ahead for rest and downtime.
- Friendships often begin at the conference and continue afterward. Please prepare to support healthy relationship building and appropriate exchange of contact info.
- It's helpful to arrange for someone your teen/adult trusts to talk with after the conference. Processing the experience may happen gradually over time.
- Teens and adults may feel sad when leaving the conference or after returning home. For some, this may be the first time they have felt truly understood and accepted by peers.
- Some teens and adults may also feel a boost in confidence as they begin to see themselves as capable and valued individuals.

## TIPS FOR CONFERENCE WEEK

- *This program is not a supervision service*; please plan to be present for the teen or adult you attended with when they are not participating in sessions.
- There is a Meet & Greet on the Pre-Conference Day from 7-8 pm for adults with FASD. Living Experience Facilitators will be there and available for connecting.
- The conference is a new setting and may feel intimidating, especially for people with FASD. You are their “safe” person and may need to provide extra support, especially at the end of the day.
- No one is required to attend a session if they do not want to. Please make a plan for what your teen/adult will do if they choose not to attend a session while you are at the main conference.
- The closing ceremonies are open to any person with FASD who is 17+ years old who attended the Adolescent & adult Stream and would like to participate. There will be a rehearsal on Monday evening. More details will be shared at the conference.