

FASD is a lifelong developmental disability, and the most common cause of developmental disability in the U.S., even more prevalent than autism. This disability presents unique challenges for adults, but as a caregiver, you can help your young adult with success in life.

FASD

& ADULTHOOD

Did you know for people with FASD...

- IQ doesn't determine how well someone will do in life as an adult
- It can be difficult keeping a job or living independently
- Health problems may come up or get worse in adulthood
- Difficulty with social skills can impact relationships
- Difficulty understanding danger can mean being taken advantage of
- Mistakes can have more serious consequences as they age
- They may seem younger than their age and need extra help with everyday tasks
- Independence can be challenging, and they may need support to manage their lives

When entering adulthood, it's important to slow down and prepare for the transition by learning functional life skills and focusing on inter-dependence instead of independence. Additionally, it's helpful to connect with the Regional Center for lifelong services, as individuals with FASD may qualify under disability categories beyond autism or intellectual disability. Learn about your rights and how to protect them.