

Fetal Alcohol Spectrum Disorder and Best Practices for Permanent Supportive Housing

What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and the body. Individuals with FASD often need lifelong supports in their daily lives due to lower adaptive and executive functioning skills. FASD often hinders social and behavioral skills and people with this disorder often are involved in the legal system as well as often struggle with drug and alcohol use.

FASD affects approx.
4% of Canadians

Why is Housing an Issue?

Individuals with FASD often have difficulty finding housing that meets their needs because many service agencies struggle to support them due to lack of education and training about FASD. Houses in which they have been placed are often not appropriate or safe for them. Affordability is also a large issue.

Because of this, a high proportion of individuals with FASD end up unhoused at some point in their lives. Solutions tailored to individuals with FASD would allow them to be supported and safe so they can live their lives with housing security.

Goals of the Project

 Safe  Sustainable  Supportive

Leili Esken

FRSC 4890: 2022-2023

Host: Moms FASD Advocacy Group

Supervisor: Joel Cahn

TCRC Coordinator: Brittany Finigan

Research Questions

- 1 Are there current housing models for individuals with FASD that are successful and sustainable?
- 2 What are the components and best practices of current housing models for individuals with FASD?

Methodology

Parents of adult children with FASD were interviewed to identify common needs of individuals with FASD.

Professionals in the field of permanent supportive housing for FASD were interviewed to identify common practices, supports and services offered by past, current, and future options across Canada.

Results/ Preliminary Findings

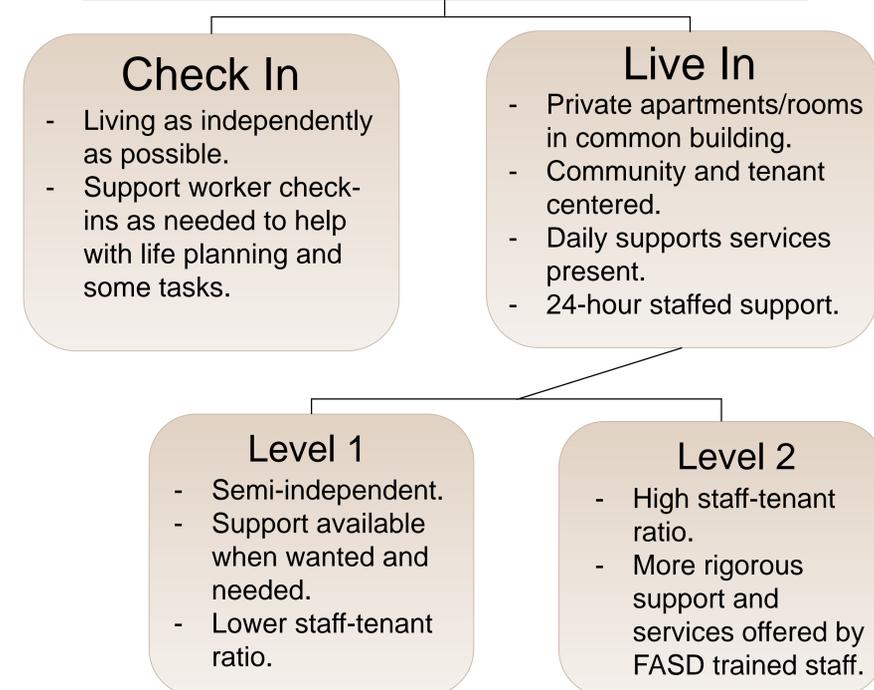
There are some viable permanent supportive housing options across Canada. Most current models are financially supported by government grants and by monthly rent charged to tenants

A “Needs-Based Model” has been created because of the varying abilities and needs of individuals with FASD, different supports and housing options are needed. Rent-geared-to-income, daily planning supports, personal private spaces and 24-hour staff support are some of the most important practices.

Individuals with FASD are lacking housing resources and options but there are viable options that can be implemented in Ontario.



Needs-Based Model



Discussion

The abilities of those with FASD vary dramatically. In this model individuals are supported based on their needs.

“Cloak of Competence” – Interviewed Parent

Many parents who were interviewed spoke about how their child is often able to appear “normal” and hide their disability and struggles. This often leads to the perception that they need less support, which is not true in most cases. Services and supports such as daily planning assistance, mental health support, emotional regulation assistance and FASD informed staff are just a few important components that contribute to safe, supportive and sustainable housing.

This study also identified a lack of housing options outside of the traditional routes, such as group homes, for individuals aged 14-18. Future work could focus on fulfilling the needs of this age group.