Home of Hope

A brighter future for every child

The Realities of Living with FASD

Presented By Home of Hope Safehouse



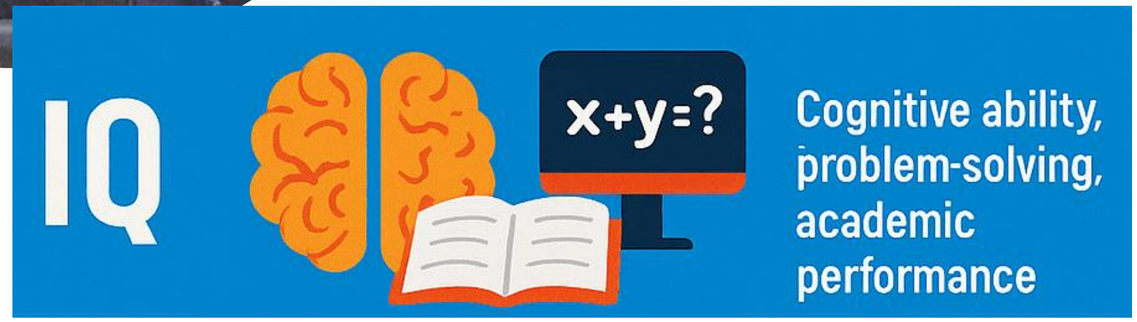
Home of Hope Safehouse is a registered non-profit organisation based in Cape Town, with over 21 years of dedicated experience supporting individuals living with Fetal Alcohol Spectrum Disorder (FASD). Our unique perspective comes from providing longitudinal care that follows individuals from childhood through to adulthood.

This continuity of care allows us to understand the evolving needs of those we support, building lasting relationships and adapting our programmes as they grow. We are committed to creating environments where adults with FASD can thrive.



The realities of living with FASD

Fetal Alcohol Spectrum Disorder affects cognitive, emotional, and social development unevenly across individuals. The transition to adulthood is non-linear, creating significant barriers to independence and self-sufficiency as they face the daily challenges of having disharmonius profiles.









8 Key Elements for Successful Intervention

- Concrete
- Consistency
- Repetition
- Routine
- Simplicity
- Specific
- Structure
- Supervision

FASD

Primary Challenges

Primary disability

- Physical abnormalities
- Developmental delay
- Brain damage
- Short-term memory
- Poor social skills
- Learning difficulties
- Difficulty with communication and poor motor skills.



Cognitive Disabilities

The way in which the brain understands tasks and interprets life.



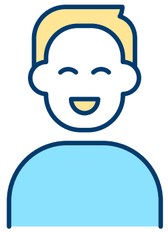
Emotional Disabilities

Inability to regulate own emotions.



Behavioural Disabilities

Poor social and emotional development that affects behaviour.



Physical Disabilities

Unusual physical abnormalities.

Secondary Challenges

Secondary challenges may emerge or intensify in the absence of timely intervention and a supportive home and work environment. A strong need for belonging can be a significant contributing factor, particularly when individuals lack consistent understanding, guidance, and structured support. When this need is unmet, and individuals are not provided with appropriate role models or taught practical coping strategies, they may experience ongoing difficulty managing the demands of daily living.

These secondary challenges are:

- Mental health challenges, including depression with suicidal risk
- Difficulty completing formal education
- Barriers to stable employment
- Challenges with independent living
- Inappropriate sexual behavior
- Substance misuse
- Conflict with the law



A Paradigm Shift: From Limitation to Potential

Individuals with FASD possess unique strengths and capabilities that flourish within supportive environments. When given the right tools, understanding, and opportunities, individuals can contribute meaningfully to their communities and achieve personal fulfilment beyond traditional expectations.

The urgent need for inclusive frameworks in work, life, and community has never been clearer. By shifting our focus from perceived limitations to recognising potential, we can create a society where every individual belongs and thrives.



Advocacy and Community Engagement

Home of Hope plays a vital role in driving systemic change for children and adults with FASD.

Through sustained advocacy efforts, we work to reshape public understanding, influence policy, and create pathways for meaningful inclusion in communities.





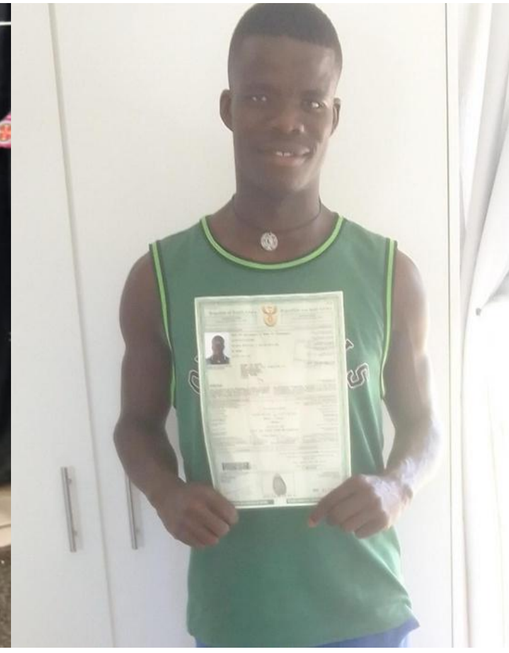





Home of Hope
ALL DONATIONS WELCOME
All proceeds go towards the welfare of abandoned, abused and neglected children.







Home of Hope

A brighter future for every child

Thank You

www.homeofhope.co.za |kayla@homeofhope.co.za | 021 555 3573