

Monthly Newsletter

Confabulation

What is confabulation and what does it have to do with FASD?

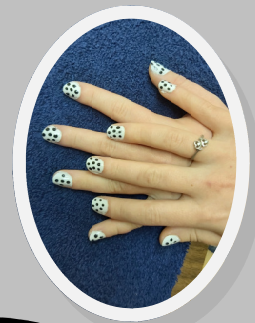
Confabulation is a memory disturbance in which a person confuses imagined scenarios with actual memories with no intent to deceive. Confabulation occurs due to some errors in their memory that may lead to the creation of false realities, a distorted memory of events or differently remembering existing memories which are done unintentionally.

Persons with FASD struggle with memory, lack of impulse control and poor judgement because of deficits to the frontal lobes of the brain. They may believe what they say to be true at the time and for this reason can be very convincing.

Persons with FASD have confessed to crimes they have not committed just to be agreeable. They get easily confused when questioned using complex language or leading questions. They are not devious or sophisticated and take things at face value without realising the intentions of others.

Tips that should help to reduce confabulation:

- * **Use simple, concrete and direct language.**
- * **Avoid leading questions.**
- * **Explain things slowly to allow more time to process the information.**
- * **Ask them to explain in their own words what you said to ensure understanding.**
- * **Maintain a calm and collected demeanor at all times**
- * **Conduct conversation in a quiet setting free of distractions**
- * **Give the individual space and avoid physical confrontation**
- * **Avoid asking what happened if you know the situation. State what happened.**



*Thank you all that participated
in the manicures :)*





Happy Valentine's Day

YOU ARE BEAUTIFUL

YOU ARE STRONG

YOU ARE WORTH IT



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780-926-3375 or 780-926-6265

Family Coach hours

Mon. 8:00 am—4:30pm

Tuesday 8:00 am—5:00 pm

Wednesday 8:00 am—4:30 pm

Thursday 8:00 am— 5:00 pm

Friday 8:00 am—5:00 pm

Support Group Meetings

- ♦ HL held at the Fahlman Building from 12-2 & 7-9. February 5, 2020
- ♦ Chateh held at the Health clinic in Chateh 12-2. February 12, 2020
- ♦ FV held in the side office to Parent Link Centre in FV. 12-2. February 19, 2020
- ♦ LC held at the Pine Centre 6-8 in La Crete. February 26, 2020