

# January Newsletter

## The Brain Function continued...

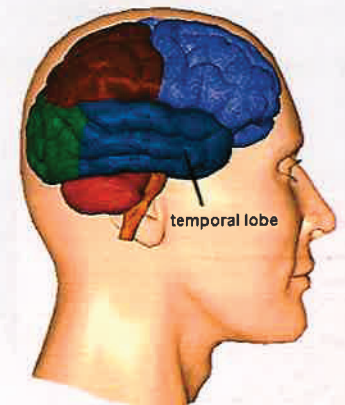
This month we will explore the two temporal lobes, one in each hemisphere, located near the ears; main function of the lobes are auditory processing.

When someone has temporal lobe damage they maybe able to hear but not understand what you are saying. For example the individual may nod a yes when you are explaining something and walk away not understanding what you said. One strategy would be write the directions/expectations down rather than using verbal language.

Another strategy if the auditory processing is damaged would be to show them what to do, for example you could wash the dishes, sort the laundry, sweep the floor & make the bed with the individual. This strategy uses the visual strengths rather than the auditory processing (hearing & understanding) which has been damaged.

Does your individual not follow through with verbal directions?

Has auditory processing been identified as an area of weakness in the assessment?



## Support Group Meetings:

There are some changes to the location and date of the support group meetings in the New Year.

High Level group will be held at the NWR FASD Office on Wednesday, January 9, 2019, from 12-2 pm (luncheon) & evening group is from 7-9 pm

Chateh support group will be held at the Chateh clinic Wednesday, January 16, 2019, 12-3 pm (luncheon)

Fort Vermilion group will be held at the side door of the Parent Link Center. Wednesday, January 23, 2019 from 12-2 pm (luncheon)

La Crete support group will be held at the Pine Center Wednesday, January 30, 2019 from 12-2 pm (luncheon)

### Self Care Tip...

- ◆ *Don't get caught in the hustle and bustle of the season*
- ◆ *Plan ahead and designate specific time frames for the tasks that you need to complete or the functions that you will attend.*
- ◆ *Do things in moderation*
- ◆ *This is the time of the year where it is easy to over-indulge. We find it easy to neglect healthy eating & sleeping.*

**We will be doing caregiver survey's in the New Year to see what programing changes will meet your needs or the needs of your individual.**

**As requested!!**

**Pebbles workshop in Chateh January 16, 2019**

**Luncheon**

**Location to be announced**

## Understanding FASD and Cognitive Disabilities

**Information like this comes from the Edmonton and Area Fetal Alcohol Network Society  
Can be obtained online!  
[edmontonfetalalcoholnetwork.org/](http://edmontonfetalalcoholnetwork.org/)**

<b>Processing</b>	<b>Memory</b>	<b>Confabulation</b>	<b>Perseveration</b>	<b>Communication</b>
<i>What it means</i> Understanding information takes longer, needs extra time to process info	<i>What it means</i> Reduced ability to store and retrieve information in short and long term memory	<i>What it means</i> Filling in the blanks of memory with stories, not understanding truth vs fiction	<i>What it means</i> Difficulties making transitions or shifting topics, uncontrolled repetition	<i>What it means</i> A lack of comprehension, difficulty with expressive and receptive language
<i>What it looks like</i> slow to respond, difficulty completing tasks, struggles to follow directions	<i>What it looks like</i> inconsistent, unable to perform tasks they've been taught before, forgetful	<i>What it looks like</i> storytelling, unreliable when providing information, often interrupted as willful lying	<i>What it looks like</i> an inability to stop or change tasks, repetition, obsessive	<i>What it looks like</i> struggles to follow verbal instructions, unable to express self