

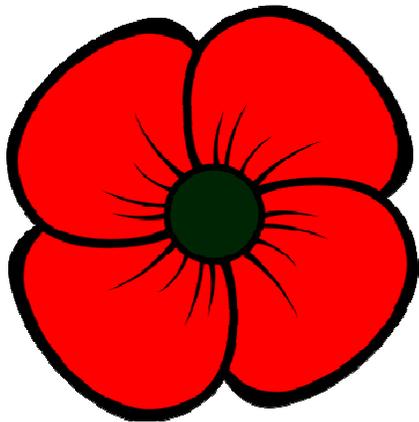


November

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 HL support Group meeting 12-2 & 7-9	7	8	9
10	11 Remembrance Day	12	13 Chateh Support group meeting 12-2	14	15	16
17	18	19	20 FV Support group meeting 12-2	21	22	23
24	25	26	27 LC Support group meeting 12-2	28	29	30

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The High Level/Bushe meetings are held in the Fahlman Building (above the post office) buzz 08, rm # 210
 Chateh support group is held at the health center in Chateh
 Fort Vermilion/Rocky Lane is held at the parent link centre in Fort Vermilion
 La Crete and area is held at the Pine Centre in La Crete



WE REMEMBER



NWR FASD Society-Mackenzie Network
 #210-9808, 9814-100 Avenue
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 P. 780-926-3375, F. 780-926-3376
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De-Escalation

What is de-escalation and how can this help you?

Definition is to reduce the intensity of a conflict or potentially violent situation.

People who live with FASD are affected by and respond to anxiety differently than neurotypical individuals. Individuals living with FASD can spend a large amount of time in a state of anxiety and can become anxious at even the most basic tasks or expectations because of the significant difficulties in receiving, processing and responding to information. Thus, if people get use to the anxious behavior as being the norm, when an individual living with FASD escalates or flies off the handle, it may seem like the person quickly escalated but in fact the warning was there in the form of the anxious behavior.

Here are some strategies that might help:

- ◆ **Frontloading:** a detailed description of what to anticipate in the near future i.e. we are going to Walmart. It is a very big, very busy store with many people and a lot of noise. We will find you a pair of winter boots, a toy, some tooth paste and shampoo. We will wait in the line at the checkout to pay. Repeat and remind before walking in.
- ◆ Identify the trigger
- ◆ Be empathetic and non-judgemental
- ◆ Respect personal space
- ◆ Do not expect the person to be reasonable or to act their age. If possible avoid busy times because crowds trigger.
- ◆ Go for a few yes responses first to get them out of being stuck in the no loop
- ◆ Use few or no words as possible
- ◆ Expect to be dealing with the same issue as yesterday
- ◆ Pay close attention to your body language
- ◆ Allow time for silence
- ◆ Allow time for decisions

Taking note of what caused the escalation (trigger) can aid in preventing them such as;

- ◇ Social situations
- ◇ Changes in schedule or a plan that he/she is not expecting
- ◇ Fast paced days when they are thinking and processing constantly
- ◇ Or opposite days when there is no structure
- ◇ Anticipation of an event even if it is a positive one
- ◇ After an event, the letdown and “what’s next?” feeling
- ◇ Something new being introduced, a skill or an object
- ◇ An expectation-fear that the individual cannot meet

Caring for persons with a disability is challenging and we want to support you if you ever have need, check out the supports groups or call us:)

