

First Peoples Child & Family Review

An Interdisciplinary Journal Honouring the Voices, Perspectives, and Knowledges of First Peoples through Research, Critical Analyses, Stories, Standpoints and Media Reviews

JoDD Editorial Board

Volume 8, numéro 1, 2013

URI : <https://id.erudit.org/iderudit/1071416ar>

DOI : <https://doi.org/10.7202/1071416ar>

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Éditeur(s)

First Nations Child and Family Caring Society of Canada

ISSN

1708-489X (imprimé)

2293-6610 (numérique)

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Citer ce document

(2013). JoDD Editorial Board. *First Peoples Child & Family Review*, 8(1), 175–175.
<https://doi.org/10.7202/1071416ar>

Fetal Alcohol Spectrum Disorder: Exploratory investigation of services and interventions for adults

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Abstract

The purpose of this literature review was to examine published information regarding interventions for adults with Fetal Alcohol Spectrum Disorder (FASD). The review was limited to articles that included an experimental design (i.e., pre-post measures) to ensure a focus on evidence-based interventions. Due to the limited amount of research available for the adult population, articles included here are primarily interventions aimed at children and adolescents. These were grouped into the following categories: family-centered, cognitive, adaptive training, and community-based interventions. A review of the “Best Practices” document produced by Health Canada (2000) is also presented. Limitations, efficaciousness of practices, and future directions are also addressed with regard to adult services for FASD based on this literature.

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