

# 10 WAYS TO BE FASD-INFORMED IN POLICE PRACTICES



**Slow down.**



**When offering instructions or commands, do so in a step-by-step manner.**



**Use plain and concise language.**



**Avoid abstract language and metaphors. Instead, use concrete language and explain things in a clear manner.**



**Confirm comprehension by asking the individual to explain in their own words their understanding of what is happening.**



**Modify the setting if there appears to be something that is distracting the individual. Pay attention to the sensory environment.**



**Individuals with FASD are often visual thinkers and learners – try other modes of communication.**



**Translate complex documents into understandable instructions. Relying on template documents could be confusing and result in breaches.**



**Charter Rights can and should be explained in plain language.**



**Discretion is a key resource in an officer's toolbox. Utilize local community resources to support individuals with FASD.**