

# FASD 201: Handout 7

## Intervention Basics

(from *Families Moving Forward*, Heather Carmichael Olson, 2009)

1. Observe the individual's function and impact of **environment**.
2. Provide lots of **structure, routine** and **supervision**.
3. Use explicit **instructions**.

### Environment

Observe the individual's level of functioning and how the environment in which they are immersed is impacting them.

- What is school like for them?
- How is the home set up?
- Is their world working to facilitate life for them or is it putting up barriers?

### Structure/routine

Provide lots of structure, routine and supervision.

- This includes carefully structuring tasks at home, school, job, etc.
- Using a visual structure (picture schedules, tasks, creating an environment that is less stimulating and external ways to stay organized).

### Instructions

Use explicit instructions.

- Don't rely on incidental or observational learning.
- Instead use consistent, experiential learning that involves real-world practice.