

Supporting women at higher risk of alcohol exposed pregnancies, a lived experience perspective

Background

The National Organisation for Fetal Alcohol Spectrum Disorder, NOFASD Australia have created resources to support Alcohol and Other Drug Sector professionals who may be working with women at higher risk of having an alcohol exposed pregnancy.

Aims

To raise awareness of the risks of prenatal alcohol exposure with women and their partners, even when pregnancy is not planned.

To raise awareness of the harms of alcohol in the early weeks of pregnancy before a pregnancy is recognised or confirmed.

To support workers to have safe and supportive conversations without fear of judgement or stigmatising their patient/client.

Methods

The resources were developed with AOD professionals and lived experience stakeholders, women who were previously alcohol dependent and have had a child/ren diagnosed with FASD to ensure the resources provide considered information, advice and support for women who are alcohol dependent or have an alcohol misuse disorder.

Conclusion /Discussion

AOD professionals attending this session will:

- Improve their knowledge of the risks of alcohol harm,
- Gain confidence in having difficult conversations with women at higher risk of having an alcohol exposed pregnancy, and
- Be able to identify resources and supports for ongoing referral.

Future directions/sustainability

The priority groups project has been funded by the Australian Government and led by the Foundation for Alcohol Research and Education, as part of Every Moment Matters campaign. The suite of resources will continue to be accessible for AOD workers to access on an ongoing basis via the NOFASD Australia website.

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