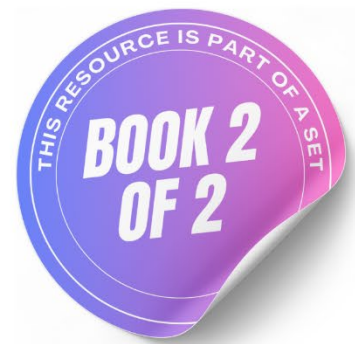




NATIONAL  
ORGANISATION  
for Fetal Alcohol  
Spectrum Disorders



# TURNING 18 AND LIVING WITH FASD

A Guide for Teens with FASD Moving into Adulthood











And a BIG Thank you! to **BigDog Support Services** for permission to adapt and publish their original publication: "Now You're 18: A Guide for Young People with Disability Transitioning from High School" .



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NOFASD Australia acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this Nation and the continuation of cultural, spiritual, and educational practices of Aboriginal and Torres Strait Islander peoples.

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## Welcome!

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Turning 18 is exciting because you become an adult and have more freedom. But living with FASD can make it harder because you also have more responsibilities. You need to learn to take care of yourself, your money, maybe go to work and manage other things.

Leaving school can be difficult, this booklet will help you learn some of the new **things you need to know now that you are 18!**

NOFASD Australia is here to support young adults and their families by providing information and resources.

*For more information:*



[www.nofasd.org.au](http://www.nofasd.org.au)

You can also receive free and confidential support by calling the **NOFASD Australia** Helpline for further information: **1800 860 613**



## The Law

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Now that you're 18, you can decide some things on your own. But **you must always obey the law.**

This means **you must follow rules** like not stealing, not hurting anyone, not damaging things, not doing graffiti, and always wearing your seatbelt and bike helmet.

**If you break these rules, the police will punish you.**

If you drink **too much alcohol** and **act badly**, or **use drugs** that are against the law, **you're doing something wrong** and **breaking the law.**



## Work

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When you turn 18, you might start working.

When you get money for working, you must pay **taxes**. [Ask someone to help you fill out a tax return each year.](#)

You can find a tax agent, or check if a tax agent is registered, by searching the Tax Practitioners Board website here: [www.tpb.gov.au/registrations](http://www.tpb.gov.au/registrations)

**Centrelink will pay you money while you are looking for a job and help you find a job that you will like. BUT** it is important to tell Centrelink and your new boss what you are good at doing and what you find hard to do.

It is very important to tell all the things that you find hard, like loud noises, or working long days or if you have any difficulty remembering things.

Sometimes it is easier to get someone to write it down for you. Telling people about your FASD helps them understand you.



## Financial Help

If you have a disability, you can get money to help you. This will pay for medical assistance, therapists, social workers, and support workers.

**You might need to get help from someone you trust when you visit Centrelink.**

**NDIS:** The NDIS will give you this money, but you might need some help filling out the forms.

For NDIS information call 1800 800 110 OR visit [www.ndis.gov.au](http://www.ndis.gov.au)

For more NDIS information: [www.ndis.gov.au/understanding/supports-funded-ndis](http://www.ndis.gov.au/understanding/supports-funded-ndis)

**SERVICES AUSTRALIA:** will give money to help you live if you do not have a disability. You can call 132 468

**Centrelink:** which provides a variety of support payments, like rent assistance, and living costs.

**Medicare:** which assists with costs of medical and allied health services.

**Disability Support Pension (DSP):** can help if you have a disability.

For Disability Support Payments: you can call 132 717

<https://www.servicesaustralia.gov.au/rent-assistance>





## Education

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There are many classes at **TAFE** you might enjoy.

Some are short and [can help you start a job or help you get an apprenticeship](#), so you can learn about a job you really like.

If you don't live at home Centrelink will help you with money while you are at TAFE.

Also, there is an [online tool](#) called “**Find My Work Type**” in Apprenticeship Pathways (AAP) to help you look at different choices for jobs.

**You can access this here:** [www.aapathways.com.au/career-research/interest-explorer-page](http://www.aapathways.com.au/career-research/interest-explorer-page)

**Universities** and **Community Colleges** have many classes too, and they offer support for students with disabilities.

Disability services such as GenU offer assisted learning courses, training and job seeker support. <https://www.genutraining.org.au/>

**It is a good idea to do some training before you get a job.**



## Managing Money

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Some people find it hard to take care of their own money. [Writing down how you will spend your money often helps.](#)

### **Budget:**

Plan how to spend your money each month. Writing down how much you earn and **what you can afford to spend** can help you.

### **Needs:**

These are things you **must pay for** like food, rent, transport fares etc.

### **Wants:**

Things you **like but don't need** like movies, games. These are the things you can buy **IF** you have enough money left over **after buying the things you NEED**.

### **Savings:**

Money for **emergencies** or for **big things to buy later**, a phone, car. It is always a good idea to keep some money in your savings.

**Remember:** If you are not sure, always ask **someone you trust** for help with managing your money.



## Taking Care of Yourself

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Eat healthy food, exercise, or play sport, go to the doctor if you are unwell.

**Remember:** Good hygiene helps you stay healthy. [Brush your teeth, shower and wear clean clothes every day.](#)

### Staying Safe

Know who to call in an emergency, [keep important phone numbers handy.](#)

[Make safe choices, stay away from dangerous situations.](#)



## Becoming Independent

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You are now old enough to make some choices about taking care of yourself and making your own decisions.

It might be best to stay living at home where family can support you, you can be independent by doing things like **your own cooking, cleaning, and managing money.**

**REMEMBER:** everyone is different, so take your time to work out what is best for you and **don't** forget it is okay ask for help.

**YOU** can become independent with the right support.

# Thank you for reading :)



This guide has been specially designed with you in mind!

We want to empower you by providing the information you need with confidence.

It's like your personalised roadmap to figure out what's important to you and where you can find the help and advice to achieve your goals.

**Remember, you've got this! And if at any point you need assistance, don't hesitate to ask for help.**

We hope you've found this guide to be valuable. We'd love to hear your thoughts, so drop us an email at [enquiries@nofasd.org.au](mailto:enquiries@nofasd.org.au).

For even more helpful services and resources from NOFASD Australia, visit [www.nofasd.org.au](http://www.nofasd.org.au) or give us a call on our National Helpline at 1800 860 613.

**We're here for you!**



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For more information on BigDog Support Services, visit [www.bigdogsupport.com.au](http://www.bigdogsupport.com.au)



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