

THE 8 MAGIC KEYS (FASD)

Sourced from *The Invisible Disability*, Ch. 4

8 MAGIC KEYS · FASD-INFORMED CARE

Invisible Disability Ch. 4

01-02 · STRUCTURE + CONCRETE LANGUAGE

Visual schedules. Say exactly what you mean. One meaning per instruction.

External timeline. Literal interpretation only.

03-04 · CONSISTENCY + REPETITION

Identical language across caregivers. 100+ repetitions, neutral tone.

FASD brain cannot generalize. Hippocampus is damaged.

05-06 · ROUTINE + SIMPLIFY

Predictable schedule. Minimal sensory load. One thing at a time.

Predictability replaces missing internal capacity.

07 · SPECIFIC DIRECTIVES

Micro-commands. One step. Wait. Confirm. Next.

No goals like "clean your room."

08 · SUPERVISION — THINK YOUNGER

Adaptive age 50-70% of chronological. Lifelong accommodation.

Framed as love, not control.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/eight-magic-keys
For the mechanism, the protocol, and citations.