

Neurodiversity

Neurodiversity describes the whole of society.

An individual is not described as 'neurodiverse', but 'neurodivergent'.

The broad term neurodivergent describes the underlying neurological challenge an individual experiences e.g. dyslexia, dyspraxia, autism and ADHD.

Neurodivergent individuals wish to be understood, accepted, respected, recognised and their differences celebrated.

Neurodivergent positives can include:

- abstract and critical thinking
- excellent vocabulary
- multi-dimensional thinking
- big picture thinking
- good reasoning skills
- hyperfocused
- good conversationalists
- energetic
- excellent memory
- keen sense of observation
- multi-taskers
- precise
- detail orientated
- visual skills
- problem solving
- strategic.

