Neurodiversity



Neurodiversity and neurodivergence

Neurodiversity describes the whole of society. While everyone's brain develops similarly, no two brains function just alike.

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

Being neurodivergent means having a brain that works differently from the average or 'neurotypical' person.

Common neurodivergent groups include dyslexia, ADHD, autism, dyspraxia, Developmental Language Disorder and Tourette's.

Neurodivergent strengths 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-tasking
- precise
- detail orientated
- visual skills
- problem solving
- strategic.

Autism Spectrum Disorder Social interaction, communication, interests, behaviour

Developmental Language Disorder Speaking, understanding, communicating

Common difficulties
experienced by
neurodivergent people
include

DyslexiaReading, writing,
spelling

Dyscalculia

Arithmetic

- Attention
- Organisation
- Working memory
- Time management
- Listening skills
- Sensory perception
- Speed of processing

DCD/Dyspraxia
Fine and/or
gross motor
co-ordination

Attention Deficit
Hyperactivity Disorder
(ADHD)

Attention, activity levels, impulsiveness

