



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 people's 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/systems-thinking.

