



Neurodiversity



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| Acquired brain injuries | ABI | ABI usually occurs after accidents or illnesses. They can cause difficulties similar to those associated with neurominorities such as dyslexia or ADHD. However, not all brain regions are affected, and areas such as verbal or visual abilities, good memory, strong work ethic and practical skills may be enhanced, or honed during rehabilitation. |
| Attention deficit hyperactivity disorder | ADHD | ADHD is a medical condition. A person with ADHD has differences in brain development and brain activity that affect attention, the ability to sit still, and self-control. ADHD can affect a child at school, at home, and in friendships. |
| Autism | ASC Or ASD | ASC is a term used to describe a number of symptoms and behaviours which affect the way in which a group of people understand and react to the world around them. |
| Dyscalculia | | Dyscalculia is a specific and persistent difficulty in understanding numbers which can lead to a diverse range of difficulties with mathematics. It will be unexpected in relation to age, level of education and experience and occurs across all ages and abilities. |
| Dysgraphia | | Dysgraphia is a neurological disorder of written expression that impairs writing ability and fine motor skills. It is a learning disability that affects children and adults and interferes with practically all aspects of the writing process, including spelling, legibility, word spacing and sizing, and expression. |

Neurodiversity Terms to Know

Neurodiversity

Neurodiversity refers to the natural diversity of human minds. It is a biological fact that we are diverse in our minds just like we are diverse in our ethnicity, gender, sexuality, etc.

Neurodiversity acknowledges the whole spectrum of neurodiversity from neurodivergent individuals to neurotypical individuals.

created by Judy Singer

Neurodivergent

Neurodivergent is an umbrella term for individuals who have a mind or brain that diverges from what is typical. It can be acquired or genetic, an innate part of you or not.

Neurodivergence just means having a mind that functions differently to what is considered the norm including learning, processing, interpreting, feeling, etc.

created by Kassiane Asasumasu

Neurotypical

Neurotypical refers to having a mind or functioning that falls within the society standards of what is deemed "typical", "common" or "normal".

Neurotypical is the opposite of neurodivergent, someone who diverges, and it is not a negative word at all but a neutral word.

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Neurodiverse

Neurodiverse is a term to describe a group of individuals who represent the spectrum of neurodiversity which includes neurotypical and neurodivergent individuals.

Remember, an individual cannot be neurodiverse. Individuals who aren't neurotypical would be neurodivergent.

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Neurodiversity stats & facts

3.5%
THE ADULT POPULATION APPROXIMATELY HAS ADHD

40%
OF INDIVIDUALS WITH DYSPRAXIA ALSO EXPERIENCE ADHD

NEURODIVERSITY CONDITIONS ARE DEFINED AS DISABILITY UNDER THE EQUALITY ACT 2010.

10%
OF THE POPULATION ARE DYSLEXIC.

50%
OF INDIVIDUALS WITH DYSLEXIA/DDD HAVE VISUAL DIFFICULTIES COMPARED TO THE GENERAL PUBLIC (40%)



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| Dyslexia | | Dyslexia is a common learning difficulty that mainly causes problems with reading, writing and spelling. It's a specific learning difficulty, which means it causes problems with certain abilities used for learning, such as reading and writing. |
| Developmental co-ordination disorder also known as dyspraxia | DCD | DCD is a condition affecting physical co-ordination. It causes a child to perform less well than expected in daily activities for their age and appear to move clumsily. |
| Epilepsy | | Epilepsy is sometimes called a seizure disorder, is a disorder of the brain. A person is diagnosed with epilepsy when they have had two or more seizures. A seizure is a short change in normal brain activity. Seizures are the main sign of epilepsy. Some seizures can look like staring spells. |
| MISOPHONIA | | Misophonia causes people to be affected emotionally by common sounds — usually those made by others, and usually ones that other people don't pay attention to. The examples above (breathing, yawning, or chewing) create a fight-or-flight response that triggers anger and a desire to escape) |
| Obsessive compulsive disorder | OCD | OCD is a common mental health condition where a person has obsessive thoughts and compulsive behaviours. OCD can affect men, women and children. Some people start having symptoms early, often around puberty, but it usually starts during early adulthood. |
| Post-traumatic stress disorder | PTSD | PTSD is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. |
| Sensory Processing Disorder | SPD | SPD is a condition that affects how your brain processes sensory information (stimuli). Sensory information includes things you see, hear, smell, taste, or touch. SPD can affect all of your senses, or just one. SPD usually means you're overly sensitive to stimuli that other people are not |

For more information about neurodiversity and specific conditions/disorders visit.

<https://www.neurodiversityweek.com/>

<https://www.neurodiversityweek.com/school-resources>

<https://www.neurodiversityweek.com/parent-resources>

For more support visit.

<https://www.neurodiversityweek.com/neurodiversity-services>

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| SYNTHESIA | | <p>Synesthesia is when you hear music, but you see shapes. Or you hear a word or a name and instantly see a colour. Synesthesia is a fancy name for when you experience one of your senses through another. For example, you might hear the name "Alex" and see green. Or you might read the word "street" and taste citrus fruit.</p> |
| TIC DISORDERS | | <p>Tic Disorders are repetitive muscle movements that result in sudden and difficult to control body jolts or sounds.</p> <p>They're fairly common in childhood and typically first appear at around 5 years of age. Very occasionally they can start in adulthood.</p> <p>Tics are not usually serious and normally improve over time. But they can be frustrating and interfere with everyday activities.</p> <p>Tourette's syndrome, a term that's used when tics have lasted for more than a year, is covered separately.</p> |
| Tourette Syndrome | TS | <p>TS is a condition of the nervous system. TS causes people to have "tics". Tics are sudden twitches, movements, or sounds that people do repeatedly. People who have tics cannot stop their body from doing these things. For example, a person might keep blinking over and over.</p> |



**Neurodiversity
Celebration
Week**

13 - 19 March 2023

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