



Neurodiversity Paradigm

Autistic

Dyslexic

OCD

PDA

ADHD

Neurotypical

FASD

Downs Syndrome

Dyspraxic

Tourette's

Schizophrenia

Epilepsy

Misophonia

SPD

Depression

Addiction

Anxiety

Brain injury

BiPolar

Neuro affirming language



Neurodiversity is the word we use to describe the natural variety that there is in human brains.

Neurotypical brains function in ways that according to Nick Walker “falls within the dominant societal standards of normal”.

However we call people whose brains and nervous systems diverge (are different) ‘neurodivergent’.



Being autistic, PDA, ADHD, AuDHD, etc are **naturally occurring brain differences** and not disorders or conditions a person has.

The words disorder and condition are invalidating medical words that imply something is wrong, a problem, a disease or illness.



Kassaine Asasumasu, a multiply neurodivergent activist, coined the term neurodivergent in the early 2000's, describing neurodivergent people as those “whose neuro-cognitive functioning diverges from dominant societal norms in multiple ways”.

Examples of neurodivergence:

Autistic

PDA

ADHD

OCD

Dyslexic

Dyspraxic

BiPolar

Tourette's

Misophonia

FASD

Schizophrenia

Downs syndrome

Acquired Neurodivergence



Some people **become** neurodivergent because of things such as:

Addiction

Epilepsy

Anxiety

Depression

Brain injury

Alzheimers

These are known as acquired neurodivergence



Most neurodivergent people are what is known as **multiply** neurodivergent, for example being:

Autistic & ADHD (known as AuDHD)

PDA & ADHD

AuDHD & Dyspraxic

AuDHD & Tic Disorder

Dyslexic & Dyspraxic, Epileptic

Neuro affirming terminology



A lot of terminology used to describe different neurodivergent people is invalidating and stigmatising, because it is based on the outdated medical model also known as the deficit model.

For example rather than:

ASD



ASC



Impairments



Deficits



Disorder or



Condition

Say this:

Autistic

Autistic

Differences

Differences

Autistic, ADHD, PDA, etc,
or difference



Most autistic and other neurodivergent people prefer ‘identity first’ language.

An autistic person IS autistic, we do not have autism.

Rather than using ASD or ASC say Autistic.

Someone who is ADHD might prefer ADHDer.

Someone both autistic and ADHD might prefer AuDHDer.

Someone PDA might prefer PDAer.