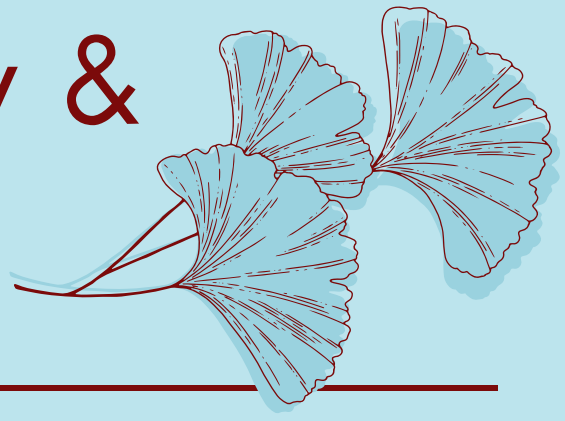


Neurodiversity: Terminology & basics



- **Neurodiversity:** an umbrella term that acknowledges the natural diversity in human neurology. The human race is neurodiverse - we differ in the ways our brains work
- **Neurodivergent/ND:** refers to individuals whose cognition & neurology differ from what is considered "typical". Examples include Autism, ADHD, dyspraxia & dyslexia (and much more)
- **Neurotypical/NT:** anyone who is not ND! People with typical neurological development & function and perceive & process the world in-line with societal & cultural expectations

Globally, it's estimated that:

- 15-20% of people are neurodivergent
- 5% have ADHD
- 1-2% are Autistic
- 10% are dyslexic
- 5% are dyspraxic



Differences in neurology & cognition can include:

- how emotions are experienced, expressed and processed
- sensory perception (being hyper- or under-sensitive to sights, sounds, textures, etc.)
- attention, concentration and memory
- motor skills and bodily awareness
- social & communication skills, speech and language, body language and expression



- ND people experience higher incidence of mental ill-health, including anxiety, depression & disordered eating
- This may be due to stigma and social exclusion, challenging sensory experiences, and **masking** (compensatory behaviours ND people use to hide their feelings, thoughts and experiences, to try to "fit in")



www.astridcoxon.com - Neurodiversity: the basics

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