

Understanding neurodiversity

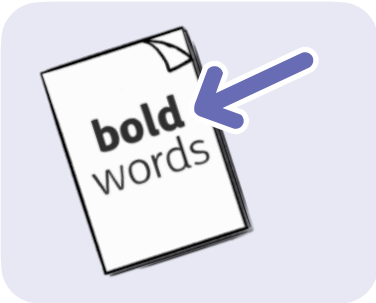


Easy
Read
Online

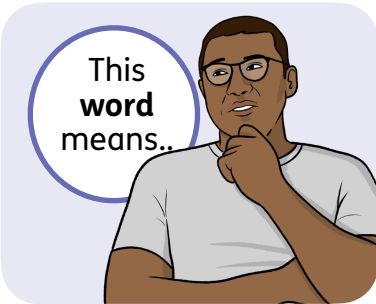
Easy Read



Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

About this booklet



This week is Neurodiversity Celebration Week.



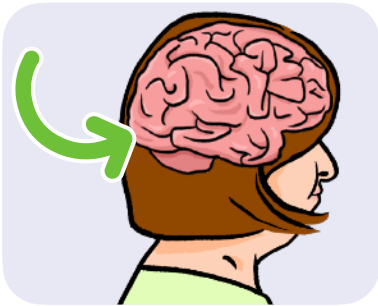
We have created this Easy Read booklet to tell you more about:

- Neurodiversity.



- Neurodiversity Celebration Week.

Understanding neurodiversity



Neurodiversity is when your brain works in a different way to most people.



People whose brains work in a different way are called 'neurodivergent'.



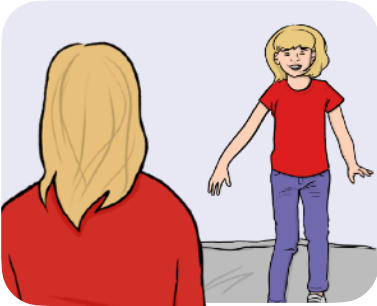
A **diagnosis** can help to find out if a person is neurodivergent.

A **diagnosis** is when a health professional looks at a person's health and behaviour, and decides if they have a condition or not.

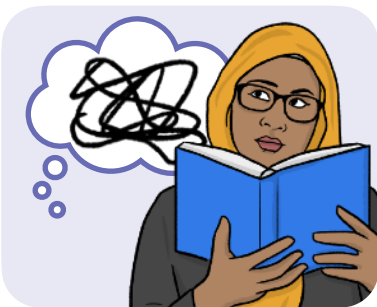
Neurodiversity includes lots of different conditions, like:



- Autism - this affects the way you think, feel and interact with other people.



- Attention deficit hyperactivity disorder (ADHD) - this affects your focus and concentration.



- Dyslexia - this affects the way you read, write and spell.



- Dyspraxia - this affects your movement and co-ordination.



- A learning disability.



- A mental health condition.



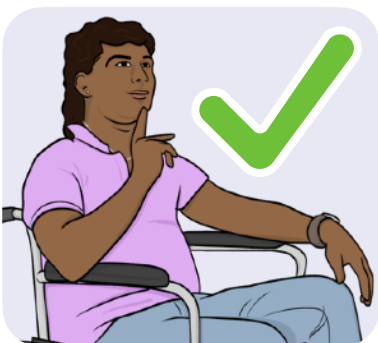
Having one of these conditions does not mean something is wrong with you. Neurodiversity is not an illness.



Every neurodivergent person is different. Even people with the same condition as each other.



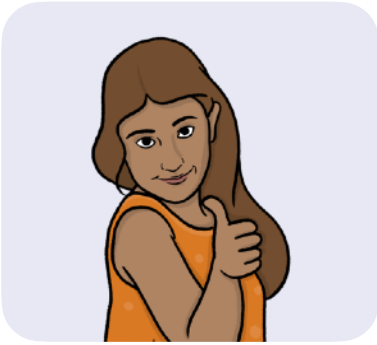
2 autistic people can be completely different, even though they both have autism.



Having a diagnosis can help you to understand your condition and learn to live with it.



But sometimes neurodivergent people do not fit into a diagnosis at all.



It is good that we have neurodivergent people in the world.



Lots of important people who have done great things throughout history have been neurodivergent.

Neurodiversity Celebration Week



Sometimes, neurodivergent people find it difficult to:

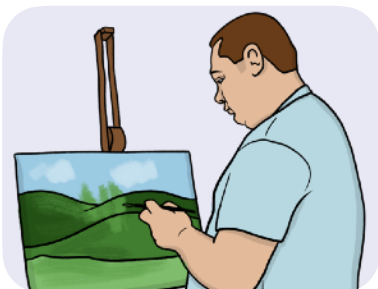
- Learn at school.



- Work in a job.



- Make friends and talk to other people.



- Do the things they would like to do.

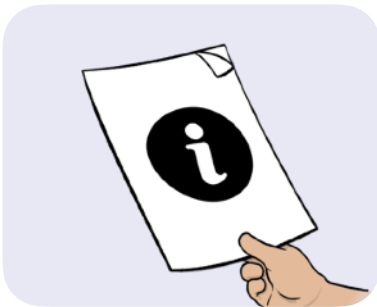


- Put up with other people's negative attitudes towards neurodiversity.

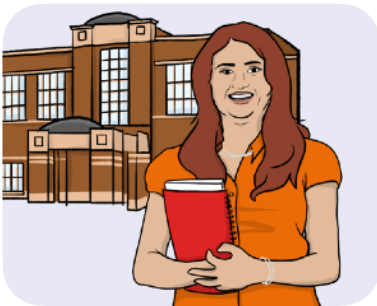
Neurodiversity Celebration Week is about:



- Supporting neurodivergent people to do great things and be happy, without changing who they are.



- Sharing information about neurodiversity.



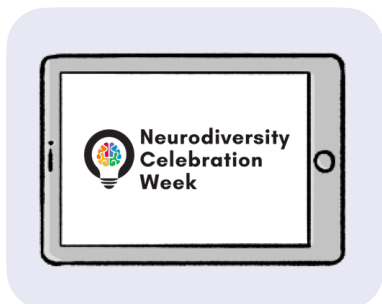
- Helping schools, places of work and other organisations to be more welcoming to neurodivergent people.



If you would like to take part in Neurodiversity Celebration Week, check out these events that are happening:

www.neurodiversityweek.com/events

For more information



You can look at the Neurodiversity Celebration Week website here:

www.neurodiversityweek.com/



For more information you can check out these websites:

- whatmatters.leeds.ac.uk/easy-read-what-does-neurodiversity-mean/



- www.portsmouthlocaloffer.org/wp-content/uploads/2021/01/neurodiversity-easy-read-002.pdf

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