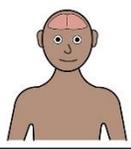


Autism and Neurodiversity

If you have been told by a doctor, that you are on the autism spectrum, you might be interested in neurodiversity. This leaflet will tell you all about neurodiversity.

brain



What is neurodiversity?

- The word neurodiversity has two parts- 'neuro' to do with the brain, and 'diversity' to do with differences.
- Neurodiversity is how differences in a person's brain can mean that they experience the world differently.
- Differences in people's brains such as with autism are natural and useful parts of the how humans are different.
- There is no 'right' or 'wrong' way to grow. There is no such thing as a 'normal' brain.

diversity



upset



Neurodiversity and the world

- Some people on the autism spectrum might get upset by lights or sounds that are common in everyday life.
- The neurodiversity movement thinks that people should make sensible changes to help people with autism feel better in everyday life.

feeling better



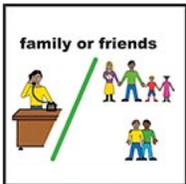
Neurodiversity Movement

The neurodiversity movement is a group of people who believe that everyone is different and that is a good thing. They believe that everyone should have equal rights.



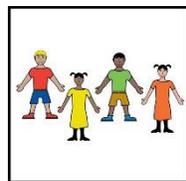
Who is involved?

- People like you. Autistic people and other people who might be treated badly because they are different.
- Your family and your friends.
- The movement does things to stop people being treated differently and help people who have been treated badly.



What are people saying?

- Many people in the movement see their conditions as part of who they are giving them strengths as well as challenges, not as a disease that needs to be cured.
- Many in the movement want support that can help them with everyday life.
- They think that people should not be forced to become 'normal'. People in the Neurodiversity Movement understand that everyone is different and these differences can be strengths.



Resources

Use these resources to find out more about the neurodiversity movement:

E-book

- Welcome to the Autistic Community! by the Autism NOW Center and the Autistic Self Advocacy Network

Online community

- The National Autistic Society

Online resource links

- blogs.exeter.ac.uk/exploringdiagnosis
- www.exeter.ac.uk/exdx/resources/feedback