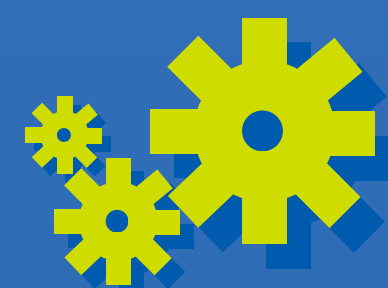


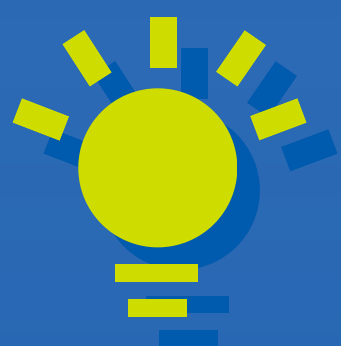
What is Neurodiversity?

Neurodiversity is the natural differences in how people's brains behave and process information.

1 in 7 people in the UK are neurodivergent, meaning their brain processes information differently from what is considered "neurotypical".



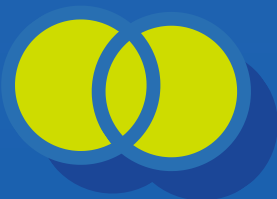
Technical Terms:



- Neurodivergent/Neurodivergence – when someone's brain works differently to what is considered more typical
- Neurotypical – someone whose brain works in a way considered usual/expected by society
- Neuroinclusion/Neuroinclusive – actively including neurodivergent people at work

Different types of neurodiversity include:

- ADHD
- Autism
- Dyscalculia
- Dyspraxia
- Dyslexia
- Tourette's Syndrome



It's common for a person to have more than one form of neurodivergence, often referred to as 'co-occurring' conditions.

Each person's experience of neurodivergence is different. The strengths and challenges associated with a condition vary from individual to individual.

With the right support, everyone can thrive in their own way.

