



ExcelPrep

# Neurodiversity

*Every brain can learn*

# What is neurodiversity?

- **Neurodiversity**: The idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits (Baumer & Frueh, 2021)
- Refers to the natural diversity of the brain, but most often used when discussing neurological, learning, and developmental conditions (Baumer & Frueh, 2021)
  - Most commonly referenced with ASD and ADHD
- Emerged during the 1990s as a means to increase acceptance and inclusion of *all* people while embracing neurological differences (Baumer & Frueh, 2021)

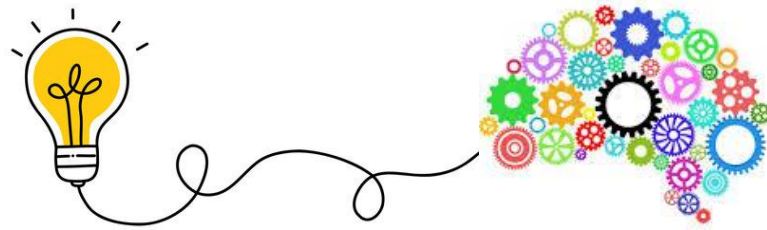


Some of the conditions that are most common among those who describe themselves as neurodivergent include (Cleveland Clinic, 2022):

- Autism Spectrum Disorder (ASD)
- ADD/ADHD
- DiGeorge syndrome
- Down syndrome
- Dyscalculia
- Dysgraphia
- Dyslexia
- Dyspraxia
- Intellectual disabilities
- Mental health conditions such as bipolar disorder and OCD
- Prader-Willi syndrome
- Sensory processing disorders
- Social anxiety
- Tourette syndrome
- Williams syndrome



# Where did it come from?



- Australian sociologist Judy Singer originally coined the term neurodiversity to promote equality and inclusion of "neurological minorities." (Baumer & Frueh, 2021)
  - Became largely popular within the online autism community as a means of self-advocacy and raising awareness in their community (Baumer & Frueh, 2021)
- Neurodiversity is a way to describe someone without potentially harmful language such as "normal" and "abnormal." (Cleveland Clinic, 2022)
  - May be considered ableist language as it supports the idea of there being an ideal standard for humanity
  - There's no single definition of "normal" for how the human brain works (Cleveland Clinic, 2022)
  - *"If you have met one person with autism, you have met one person with autism."* - Dr. Stephen Shore
- At the heart of it all is celebrating the natural differences that occur within our minds

# References

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