



NEURO-AFFIRMING PRACTICE

Neuro-affirming = Accepting neuro-diverse individuals for who they are. Not attempting to 'fix' or change them.

Focus on their strengths:

What are their interests and passions?
How can these be utilised to support them?

Assume competence:

Always assume that you are being understood when speaking. Just because someone is non-verbal or struggles with learning does not mean they cannot understand what is said around them and they are not capable.

Value all communication styles:

Spoken language is not the only or best way to communicate. If they use AAC or communication boards then ensure you use them and value their voice. Give them time to process what is being asked of them and respond.

Respect their autonomy:

Take note of their wishes and feelings via their communication - verbal and non-verbal. Wherever possible give real and valid choices for them to have ownership in their life.