



NEURODIVERGENCE DEFINITION

The terms **Neurodiversity** and **Neurodiverse** apply to everyone. It describes the idea that people experience and interact with the world differently to each other.

No two brains are the same.

This is what makes us individuals.

Neuro : Nervous System
Brain, Spinal Cord, Nerves

Diverse: Indicating there are differences within a group



Neurotypical is a term used to describe individuals whose nervous system presents as aligning with societal norms.

Such as :
Having a balanced skill set,
Being able to navigate social rules.
Processing the world around them in a way that is expected.

Neurodivergent is a term used when an individual's brain processes information in a way that is not considered 'typical'.

It is a broad umbrella term.

Some common examples are Autism, ADHD, Dyslexia, OCD and Tourettes.

There is no set list of who may be classed as neurodivergent.