

Neurodiversities

Autism or Autistic Spectrum Disorder (ASD)

- Difficulty in social interaction and communication
- Restricted and repetitive behaviours and interests
- Sensory sensitivities.

It is a spectrum, with different levels of support required.

Autism in Females presents differently, as female mask behaviour.

Support

National Autistic Society www.autis.org.uk

Autistic Girls Network. www.autisitcgirlsnetwork.org

Attention Deficit Hyperactivity Disorder (ADHD)

- Lack of attention to things
- Can have high energy levels
- Inability to control impulses.
- Some will not display all traits

Women with ADHD tend to mask their behaviour.

Support

ADHD UK- www.adhduk.co.uk

ADHDadultUK- www.adhdadult.uk

Tourette's Syndrome

The main symptom is tics.

These can involve involuntary (uncontrolled)

- repetitive sounds
- Movements

They can be triggered by stress, excitement and tiredness.

Support

Tourette's Action www.tourettes-action.org.uk

The Brain Charity www.thebraincharity.org.uk

Dyslexia

Causes an issue with specific learning abilities, such as reading and writing. It does not affect intelligence.

A dyslexic person may:

- read or write slowly
- have poor spelling
- struggle with memory and organisation.

Support

National Dyslexia Association www.bdadyslexia.org.uk

The Dyslexia Association www.dyslexia.uk.net

Dyspraxia or Developmental Co-ordination Disorder (DCD)

Symptoms can vary and change over time

It can affect

- Coordination, balance and movement
- Time management, planning and personal organisation
- Daily living skills

Support

Dyspraxia UK www.dyspraxiauk.com

Dyspraxia Foundation

www.dyspraxiafoundation.org.uk

Dyscalculia

Different to a specific learning disability in Maths, which is more common in the population.

They have a pronounced difficulty with understanding quantities and numbers.

Can struggle with

- Counting and recounting even small quantities
- Difficulties in estimating quantities, measurements and money
- Difficulties in judging time

Support

Dyscalculia Network www.dyscalculianetwork.com

Dyscalculia Association

www.dyscalculiaassociation.uk