



Neurodiversity Definitions

The language around how people's brains process and respond to information can be confusing. Here are a few definitions that may help explain what they mean.

Neurodiversity

Neurodiversity refers to the fact that not all brains think or feel in the same way and that these are natural human differences. Neurodiversity refers to everyone.

Neurotypes

We all have individual differences in the way that our brains work. However, there are also groups of people that process information in a similar way to each other and are referred to as having the same neurotype. This means that there can be big differences between different neurotypes.

Neurotypical

The biggest of these neurotypes is referred to as neurotypical. This is the most common neurotype. As neurotypical people are in the majority they tend to thrive as the environment is often constructed by other neurotypical people which means that their specific needs are met.

Neurodivergent

Minority neurotypes can include conditions such as autism, ADHD, dyscalculia, dyslexia and Developmental Coordination Disorder and can also be described as neurodevelopmental conditions. Collectively people with minority neurotypes are referred to as **neurodivergent**.