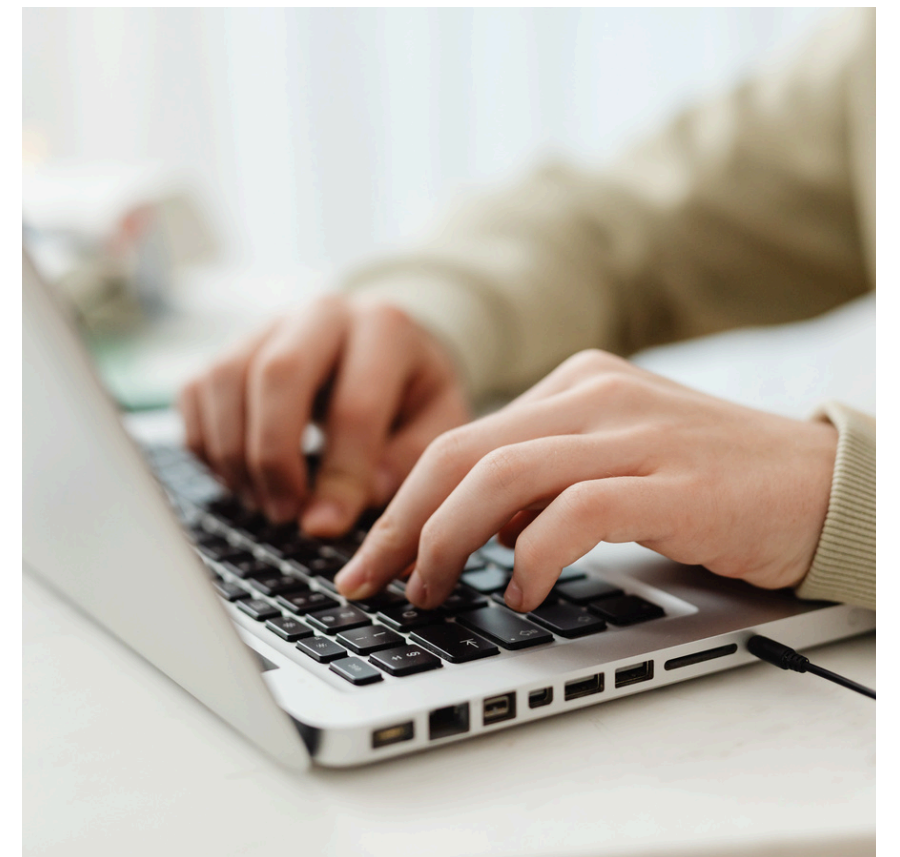
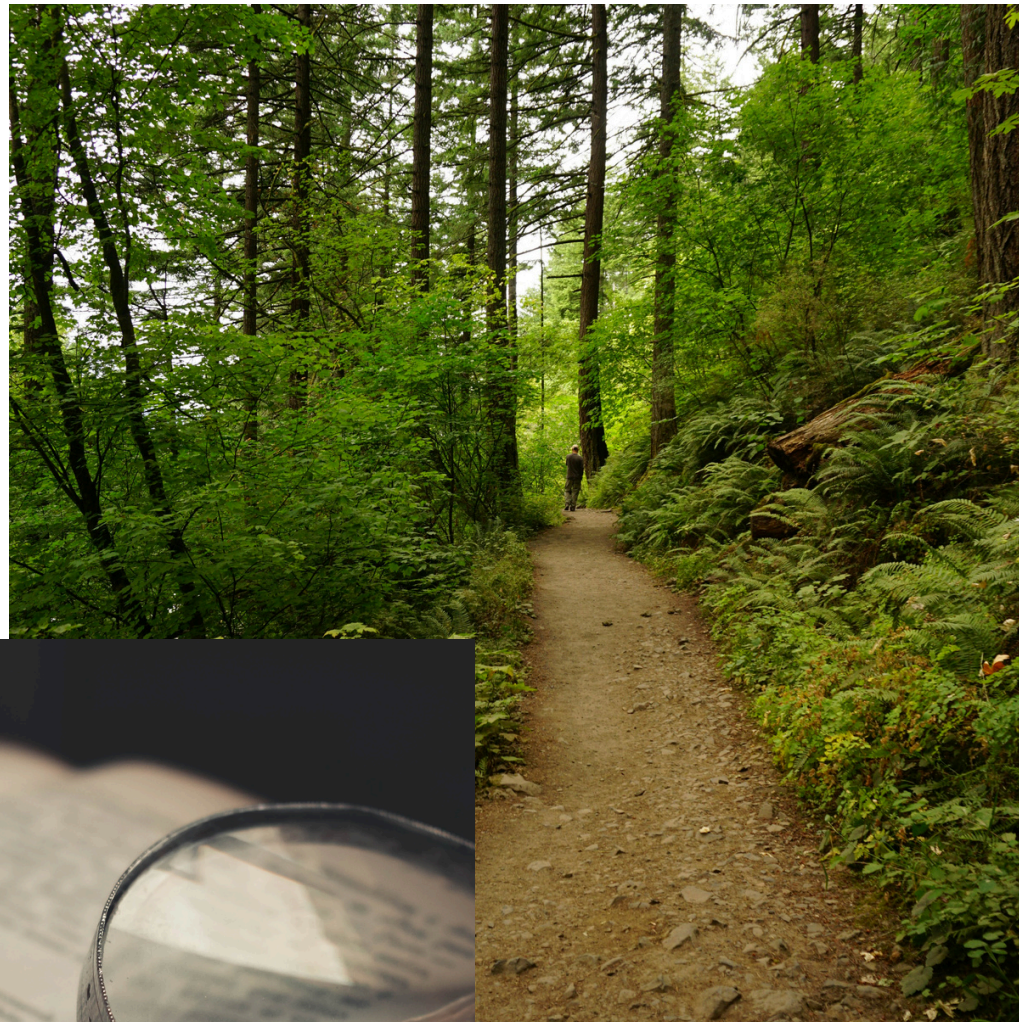


Understanding Late Diagnosis

Lite Edition

*A gentle introduction to discovering
Autism, ADHD, or AuDHD later in life*

*Part of the
Burrow & Bloom Learning Kits*

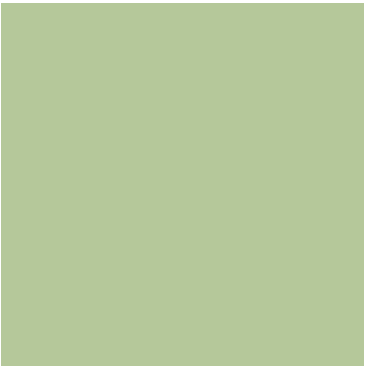


Disclaimer

The information shared in this resource is based on my personal lived experience, independent learning, and passion for neurodiversity education. I am not a licensed mental health professional, psychologist, or medical provider, and this resource is intended for educational and self-reflection purposes only.

This is not a substitute for professional mental health care, medical advice, diagnosis, or treatment. If you are experiencing emotional distress, have concerns about your mental health, or would like personalized support, please seek guidance from a qualified healthcare or mental health professional.





What Is a Late Diagnosis?

A late diagnosis simply means learning that you're autistic, have ADHD, or are AuDHD during adolescence or adulthood rather than in childhood.

Many people spend years feeling "different" without understanding why. Receiving a diagnosis later in life can provide new insight into lifelong experiences, challenges, and strengths.



Why Are Some People Diagnosed Later?

There isn't one single reason. Some common factors include:

- *Masking or hiding neurodivergent traits*
- *Outdated stereotypes about autism and ADHD*
- *Symptoms being overlooked or misunderstood*
- *Developing coping strategies that hid struggles*
- *Differences becoming more noticeable as life demands increased*

Everyone's journey is unique.



Common Feelings After a Late Diagnosis

Learning you're neurodivergent can bring many different emotions.

- Relief
- Validation
- Grief
- Anger
- Confusion
- Self-compassion
- Hope

There is no "correct" way to feel. Your experience is your own.



*As you continue exploring
your experiences, remember:*

- 🌱 *Your story is valid.*
- 🌱 *You don't have to figure
everything out at once.*
- 🌱 *Self-understanding
happens one step at a time.*



*Learning about yourself is
not about changing who you
are—it's about
understanding yourself with
greater compassion.*

Your Journey Continues

Want to Learn More?

The complete **Understanding Late Diagnosis** Learning Kit includes:

- The full Educational Presentation for Understanding Late Diagnosis
- The full Reflection Workbook for Understanding Late Diagnosis
- Activity Pack for Understanding Late Diagnosis
- Companion Resource for Understanding Late Diagnosis

*Available through The Burrow & Bloom
Learning Kits on Payhip*

