

# Neurodiversity at a Glance

## Celebrating Every Kind of Mind

### A Gift for Educators Resource

#### What is Neurodiversity?

The term neurodiversity was coined in 1998 by autistic sociologist Judy Singer. It means that human brains naturally come in many different forms — just as nature thrives through biodiversity. Neurodiversity is not a disorder; it is a beautiful and valuable part of being human.

#### Key Modern Terms

- **Neurodiversity** – the broad idea that all brains are different and valuable.
- **Neurodivergent** – a person whose brain works differently from the typical pattern.
- **Neurotypical** – a person whose brain functions in the most common way.
- **Neurodiverse** – a group that includes both neurotypical and neurodivergent people.

We use these respectful words instead of older terms like “disorder,” “deficit,” or “abnormal” because they focus on strengths, dignity, and inclusion rather than what is “wrong.”

#### Common Neurodivergent Conditions

**Autism** – Natural variation in how the brain processes information. Strengths: deep focus, honesty, unique perspectives. Support: clear instructions, sensory breaks, respect for routines.

**ADHD** – Brain differences affecting attention, impulse control, and activity level. Strengths: creativity, energy, hyper-focus on passions. Support: short tasks, movement breaks, positive reinforcement.

**Dyslexia** – Specific learning difference mainly affecting reading and spelling. Strengths: big-picture thinking, creativity, innovation. Support: audiobooks, extra time, multi-sensory teaching.

**Developmental Delay** – Slower progress in one or more areas. Strengths: determination, sweetness, big leaps with support. Support: celebrate every small step, visual tools.

**Developmental Coordination Disorder (DCD) – also known as Dyspraxia** – Differences in planning and coordinating movements. Strengths: creativity, problem-solving once motor demands are reduced. Support: break movements into steps, adaptive tools, extra time and patience.