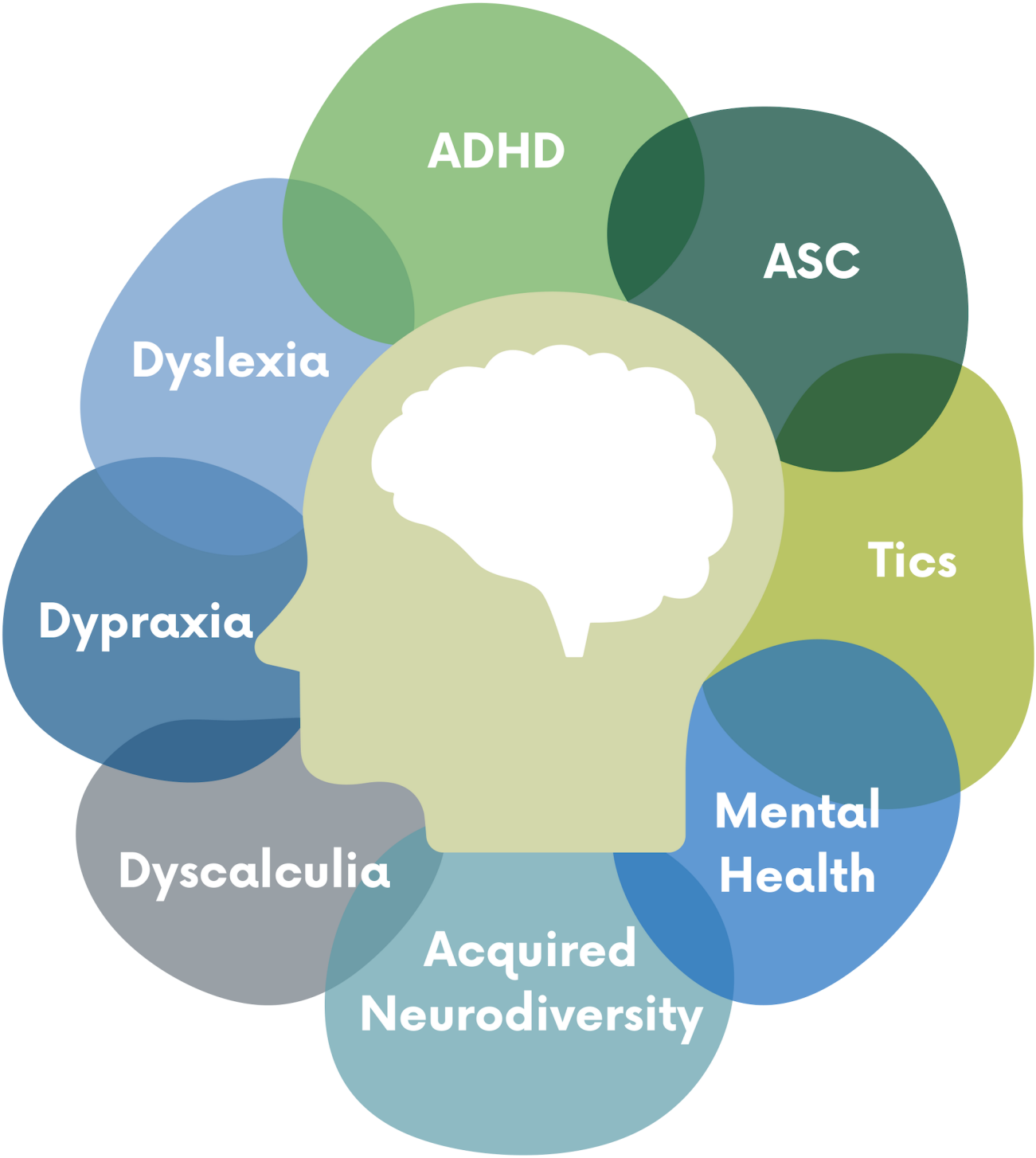
# The 8 Main Neurodivergences




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# The 8 Main Neurodivergences

**1. ADHD**

**Attention Deficit Hyperactive Disorder**:

A neuro-developmental disorder that includes symptoms of inattentiveness, hyperactivity and impulsiveness. It is a clinically diagnosable condition and can be treated medically. Contrary to popular perception the brains of ADHD people are actually under-stimulated and need additional stimulation in order to concentrate and think.

There are **three** subtypes of ADHD (inattentive, hyperactive and combined)

- **Primarily Inattentive ADHD (Formerly ADD)**

Symptoms of inattentive type ADHD include forgetfulness, losing things, poor focus, difficulties with organisation, and not seeming to listen when spoken to. Inattentive ADHD often resembles a mood disorder in adults, while it's seen as spacey, day dreamy, apathetic behaviour in children, particularly girls.

- **Hyperactive-Impulsive ADHD**

This sub-type encompasses many of ADHD's stereotypical traits: in adults this presents as restlessness, fidgeting, interrupting while others are talking, monopolising conversations, procrastination, not completing tasks and a preference not to sit for long.

- **Combined Presentation Hyperactive-Impulsive and Inattentive ADHD**

A combination of both the above

**2. Autism or ASC or ASD**

**Autistic Spectrum Condition (Disorder)**

Is a developmental disability characterised by rigid thinking, restrictive and repetitive behaviours and social communication challenges. Most people on the autistic spectrum also experience some form of sensory processing sensitivity. It is clinically diagnosable.

**3. Dyslexia**

Is a lifelong specific neurological condition that primarily causes problems with reading, writing and spelling and includes difficulties with rote learning, working memory and rapid naming.

**4. Dyscalculia**

A neurological condition that causes difficulties with arithmetic calculations such as sizing, ordering, and reading and writing numbers.

**5. Dyspraxia (Developmental Co-ordination Disorder)**

Is a complex neurological condition, that affects muscle co-ordination and perception including vision, hearing and proprioception (knowing where you are in space) that can cause clumsiness and poor hand-eye co-ordination.

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**6. Tic Disorders and Tourette's Syndrome**
A neurological condition that causes unwanted, involuntary muscle movements and sounds. Tics can be physical, such as shrugging or nose twitching and more substantial motions, or can be verbal, such as laughing, talking, sniffing or coughing. Tourette's syndrome is characterised by at least one vocal tic.

**7. Mental Health**
Mental health refers to a persons mental and emotional wellbeing and can affect anyone both neurotypical and neurodivergent. It's included here for two main reasons. Firstly many neurodivergent people also experience a co-occurance of mental health difficulties such as anxiety and depression. Secondly some people may be living with an undiagnosed neurodivergence that is treated as a mental health condition rather than being recognised as a neurological condition.

There is also an ongoing debate as to whether neurodiversity is an appropriate term for some treatable mental health conditions such as bi-polar or schizophrenia.

**8. Acquired Neurodiversity**
This develops in response to a health condition. It may potentially resolve as the injury heals or worsens as health deteriorates. Strokes, brain traumas are both examples of potential acquired neurodiversity.

## Notes:

Some **terminology** is changing. Aspergers for example is now no longer included in the DSM-5 and instead is part of Autism Spectrum Disorder. The terms high or low functioning in relation to Autism have also been removed from the DSM-5. However Aspergers is still included as a term in the WHO's ICD-10 classification. It is worth bearing in mind that some people who have Asperger's as a diagnosis are strongly identify with the term, so they may be resentful or reactive to being identified as Autistic.

**Co-occurence** is a term used to describe when an individual has one or more neurodivergencies or have symptoms that overlap, for example poor working memory is common to both dyslexia and ADHD.

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