

Chaigeley School NEWSLETTER

Therapeutic Support for Parents & Carers

Neurodiversity Celebration Week MARCH 18 – 24, 2024

Neurodiversity Celebration Week is a dedicated time to recognise and celebrate the neurodiverse community. This includes individuals with autism, ADHD, dyslexia, Tourette's syndrome, and other neurological differences. The week aims to raise awareness about neurodiversity, promoting understanding and acceptance while challenging stereotypes and misconceptions.

Neurodivergent/Neurodiverse (ND) describes a variety of conditions related to cognitive abilities including: Autism, ADHD/ADD, Dyslexia, Dyscalculia and OCD. ND is the idea that we take into account variations in the human brain in relation to learning, mood, attention, sociability and other mental functions and not regard them as abnormal or unhealthy but as differences to be understood and worked with.

Neurotypical (NT) describes individuals who display typical intellectual and cognitive development acquiring physical, verbal, intellectual, and social skills proceeds at a specific pace and meet standardly accepted mile stones for development. NT can generally navigate complex social situations, have good communication skills and be able to more easily form relationships/friendships. NT can usually function better in distracting or stimulating settings without becoming overloaded by stimuli.



When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges. Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.

Did you know?

- No two people are the same and so we will all have different profiles
- Although we talk about specific neuro-differences such as Autism and Dyslexia, the reality is that these can co-occur
- Every neurodivergent individual has a unique pattern of strengths and challenges
- We tend to operate on an approach to diagnosis and labels which can mean that quite often the focus is on the challenges rather than the many strengths and talents of neurodivergent individuals
- It is important that we take a person-centred approach, by tailoring strategies to each individual
- It is important to harness the strengths and talents of neurodivergent individuals, this helps to build confidence and self-esteem, and ensures individuals are given the opportunity to flourish in their day-to-day

Find how you can support and find resources during Neurodiversity week:

<https://www.neurodiversityweek.com/resource-hub>

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)