Neurodiversity explained

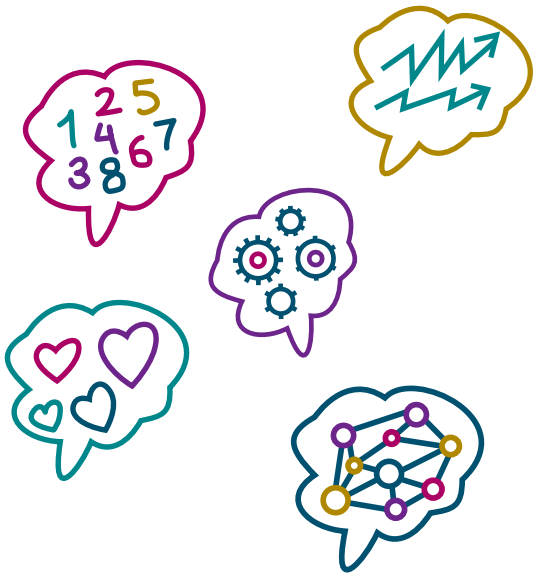
Neurodiversity is more than just a term – it's both a fact - and a movement.

It's the belief that all 'brain wiring' – or neurological difference - is essentially a normal variation in humanity.

Like biodiversity - neurodiversity understands and sees wonder in the fact that differences exist, but doesn't place more or less value on these different variations.

In a nutshell - we're all in this together.

No more us and them.



Dyslexia, dyspraxia, autism, ADHD, Tourette Syndrome and many more neurodevelopmental 'differences' would come under this banner, alongside what has traditionally been termed 'neurotypical'.

This helps us understand the complex nature of 'brain wiring' where there is both individuality and overlap; commonalities and difference.

This new understanding helps remove the stigma of deficits and disorders - and with it a toxic cure culture, subjecting people to harmful therapies and treatments in pursuit of an elusive 'normal.'

north east autism society