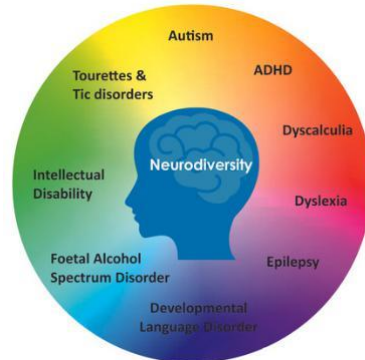




care bridge
— specialists —

NEURODIVERSITY



What is Neurodiversity?

The simplest definition of 'neurodiversity' is the broad range of how everyone's brains work differently. 'Neurodivergent' describes people who don't think like the majority. Conditions include dyslexia, dyspraxia, autism and ADHD but there are many more and they can co-exist.

Indeed, as you dive through time, you see that many of the individuals who have shaped and woken our world, brought beauty, or made change possible, are considered "different". For example, the likes of Isaac Newton, Albert Einstein, Charles Darwin, Wolfgang Mozart and more recently Steve Jobs, Bill Gates, Elon Musk and Temple Grandon.

Neurodivergent conditions commonly co-exist and their traits overlap. Take autism which isn't a mental health condition, but it often co-exists with anxiety and depression. So, if as Care Bridge Specialists we are going to truly empathise with how autistic people think and feel, it's imperative to examine our attitude towards neurodiversity and the challenges and gifts that go hand in hand with ASD.

Individuals with ASD are highly affected by emotions (others and their own) but can't necessarily make sense of them – they overwhelm them, just like their hypersensitivity to odour, light, touch and sound.

But whilst individuals with autism might need help managing and controlling their environment to manage overwhelm, in many ways autistic traits are also their superpowers. They sense things that others don't notice, or perhaps don't attach the same importance to.

Individuals with autism can struggle with linear thought processes. They can get lost in the detail and in circular thoughts that lodge in their minds. And yet despite all the challenges, with the right support to meet their hierarchy of needs we can recognise their savant talents for dependability, creativity, problem-solving and logical thinking and we can support them to live fulfilled lives. With the right support people with autism really can achieve amazing things.

By embracing neurodiversity and utilising our training, expertise and experience Care Bridge Practitioners help individuals with autism and learning disabilities to cope better with life by recognising that they are not broken but unique. We not only believe in them but we give them a reason to believe in themselves and in doing so we open up a world that for such a long time they might not otherwise have had access to.