**Neurodiversity and Dyslexia**



**What is Neurodiversity?**

Neurodiversity is the concept that neurological differences—such as autism, ADHD, dyslexia, and other cognitive variations—are natural and should be recognized and respected. Neurodiversity includes Dyslexia, Dyspraxia, Autism and ADHD amongst others. It is an umbrella term used to describe a range of learning difficulties and diagnosed neurological conditions.

The neurodiversity movement emphasizes that people experience and interact with the world in different ways, and these differences should be valued rather than seen as deficits.

**Prevalence of neurodiverse conditions**

Statistics around the prevalence of all neurodiverse conditions are continually being studied. It’s important to acknowledge that there are many individuals who are currently awaiting diagnosis and also a proportion of the population who have decided not to seek out a diagnosis. Therefore, such figures can only be used as an informed guide.

* 8% of people in the UK are thought to have ADHD.
* 10% of people in the UK are thought to have dyslexia.
* 8% of people in the UK are thought to have dyspraxia.
* 6% of people in the UK are thought to have dyscalculia.
* 1% of people in the UK are thought to have an autistic spectrum condition.
* 1% of people in the UK are thought to have Tourette's syndrome.

(Figures above are from: https://adhdaware.org.uk/what-is-adhd/neurodiversity-and-other-conditions/)

**Co-occurrence of neurodiverse conditions**

The co-occurrence of all neurodiverse conditions is becoming an increased area of interest within the neurodiverse community and within research. Conditions share traits which can make diagnosis challenging.



**Diagnosis or screening?**

Screening can be useful to help identify neurodiverse traits. This is NOT a diagnosis, but it can be used to help inform your next steps in seeking a diagnosis. Furthermore, it will provide you with some strategies which can help support you moving forwards.

There are several approved screening tools, one of which is Do-It:

<https://doitprofiler.com/personal-profilers/>

**Who can diagnose neurodiverse conditions?**

**Dyslexia and Dyscalculia:** SpLD teacher assessor, clinical psychologist or educational psychologist.

**Dyspraxia:** clinical psychologist, educational psychologist, occupational therapist, SpLD teacher assessors (who have additional training, can screen, look for indications and make recommendations for adults only).

**ADHD:** diagnosed by a clinical psychologist, paediatrician, psychiatrist, neuropsychologist, a multidisciplinary team, SpLD teacher assessors (who have additional training can screen, look for indications and make recommendations for adults only).

**Autism:** diagnosed by a clinical psychologist, paediatrician, psychiatrist, neuropsychologist, a multidisciplinary team.