



Glossary of Neurodiversity Terms

Ableism:	the kind of discrimination experienced by people who are disabled and / or neurodivergent
Adjustments:	the changes that can be made to someone's environment at school or at work which enable them to do their best work, and thrive. Examples might be movement breaks, not having to wear a tie, or being allowed to type instead of hand-write their work.
Information processing:	the way in which our brains take in information from around us (through our senses) and combine it together, before deciding how to respond. Different people process the same information in different ways and this is the root of neurodiversity.
Neurodivergence:	being markedly different from the norm in the way your brain processes information, and therefore your experience of the world.
Neurodivergent:	a person who is markedly different from the norm in the way their brain processes information. They may have a diagnosis, like ADHD, autism, dyslexia or a learning disability, or they may not. Some people with psychiatric diagnoses like schizophrenia or bipolar disorder may also identify as neurodivergent, others may not.
Neurodiverse:	a group of people who have a range of different ways of processing information and experiencing the world
Neurodiversity:	the phenomenon of variability between people in how our brains process information and therefore experience the world.
Neuro-atypical:	a term like neurodivergent which can be used to describe an individuals who is markedly different from the norm in the way their brain processes information. A person with dyspraxia could be described as "neuro-atypical"
Neuro-minority:	a term which can be used to describe a category of person. Within that category, people are relatively similar to each other in how their brains process information, but they are markedly different from the norm. People with Tourette syndrome are an example of a neuro-minority.



- Neurotype:** a term which can be used to describe a category of person. Within that category, people are relatively similar to each other in how their brains process information. “Neurotypical” is an example of a neurotype, and so is “autistic”.
- Neurotypical:** the group of people who form (we think) the majority worldwide, whose brains tend to process information similarly to each other. Neurotypical people have an advantage over neurodivergent people in that systems in the world (like our education system) were often designed by people like them, for people like them.
- Neurodiversity Movement:** the political and social application of the concept of neurodiversity to the way society operates.
- Trauma-informed care:** looking after people in a way that recognises that they may have experienced trauma in the past, and those experiences will shape how they respond to things in the present. A simple example is someone who has been bitten by a dog being scared during a walk in a park in case dogs are there.