



What is Neurodiversity?

Building Understanding and Acceptance

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Neurodiversity is the natural variation in how human brains think, learn, feel, and process the world. It reminds us that there is no single “right” way for a brain to work. When we use the term neurodivergent, we’re referring to people whose brains function differently from what is considered “typical” including individuals with ADHD, autism, learning differences, distinct sensory processing styles, and more.

History of Neurodiversity

The term "neurodiversity" was coined in the late 1990s by Australian sociologist Judy Singer to describe the natural variations in the human brain. Singer, who is on the autism spectrum, introduced the concept aiming to reframe neurological differences (like autism, ADHD, and dyslexia) as diverse ways of being rather than deficits.

Why is this important?

Neurodiversity recognizes that differences in how people think, learn, and experience the world are natural and meaningful, not flaws or failures. A neuro-affirming approach invites us to see behaviors as communication and respond with understanding rather than judgment. While challenges are real, this shift in perspective helps create spaces where everyone can feel respected, capable, and truly included.

When we deepen our understanding, we can all flourish together.



Creating more inclusive communities
www.NeuroInclusiveConsult.com