

# Making sense of language: Neurodiversity, Neurodivergent, and Neurodiverse.

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Neurodiversity = A diversity of brains (neuro)

**Neurodiversity** is the concept that the human race is made up of people with different types of brains, or neurotypes, and that this is natural and normal. Some brains are neurotypical (i.e. a typical brain), and others are neurodivergent (i.e. diverse brains).

Research has found that 1 in 10 people are neurodivergent (NIH, 2022), which shows that neurodivergence is not rare.

It is not “wrong” to be neurodivergent; it is simply different to the more common “neurotypical” brain.

A **neurodivergent person** is someone whose brain works differently to the “typical” brain. There are many different neurotypes that can make a person be neurodivergent, including Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia etc.

Some people have more than one neurotype, e.g. Autistic and ADHD (which is often referred to as AuDHD).

*A neurodiverse group is a group of people who have different neurotypes to each other.*

**When referring to groups of people:**

**1. A group of neurotypical + neurodivergent people = A neurodiverse group.**

A group of people with different neurotypes to each other is called a neurodiverse group.

## **2. A group of multiple neurotypes, but no neurotypical people = A neurodiverse group or a neurodivergent group.**

If the people in the group have different neurotypes to each other, and are all neurodivergent, then this can be called either a **neurodiverse group** or a **neurodivergent group**.

*Examples of neurodiverse groups:*

- A group with Autistic people and ADHD people.
- A group with ADHD people and Dyspraxic people.
- A group with neurotypical people and ADHD people.
- A group with neurotypical people and Autistic people and ADHD people.

## **3. A group with only one neurodivergent neurotype = A neurodivergent group**

A group of people who are all neurodivergent, and have the same neurotype to each other, is a neurodivergent group. They are not a neurodiverse group, as there is no diversity of neurotypes within the group.

*Examples of neurodivergent groups:*

- A group of all autistic people.
- A group of all ADHD people.
- A group of all Dyslexic people.

## **4. A group of all neurotypical people = A neurotypical group**

A group of all neurotypical people is neither a neurodiverse nor a neurodivergent group.

## **References**

NIH (2022) "Neurodiversity" Accessed on 6<sup>th</sup> June 2023 at <https://dceg.cancer.gov/about/diversity-inclusion/inclusivity-minute/2022/neurodiversity>