



Neurodiversity Affirming Practices

Celebrate Differences: Embrace neurodiversity as a natural and valuable part of human variation.

Listen and Learn: Collaborate with neurodivergent individuals to understand their unique perspectives and preferences.

Empower, Don't Fix: Focus on strengths and empower individuals to thrive authentically, rather than aiming to "normalize" behaviors.

Respect Communication Styles: Honor all forms of communication, whether verbal, non-verbal, or through alternative methods.

Adapt Environments, Not People: Create sensory-friendly spaces and modify environments to reduce barriers to participation.

Value Stimming: Recognize stimming and other self-regulating behaviors as valid and essential tools for self-expression and comfort.

Collaborate on Goals: Include neurodivergent individuals in decision-making processes, ensuring their goals reflect their desires and needs.

Challenge Bias: Reflect on personal assumptions and strive to eliminate biases that may impact interactions with neurodivergent individuals.

Foster Inclusion: Promote inclusive practices in education, therapy, and daily life to enable meaningful participation for all.

Advocate for Change: Support policies, practices, and research that advance neurodiversity affirming approaches in all areas of society.