

Neurodiversity Affirming Care

A Clinical Reference for Understanding Who Benefits and Why These Practices Matter

Neurodiversity affirming practices recognize that *all human minds* are naturally diverse, and that differences in communication, learning, and regulation deserve respect and support.

ND-Affirming Care Is For:

- Autistic individuals of all ages, communication styles, and support needs
- People across a wide range of neurodivergent identities, including ADHD, dyslexia, dyscalculia, communication, motor, sensory, and tic differences
- Multiply neurodivergent individuals who experience more than one variation in neurocognitive functioning
- Self-identified neurodivergent individuals, with or without a formal diagnosis
- Individuals with intersectional identities, including those from racially and ethnically marginalized communities, and LGBTQ+ neurodivergent individuals who face compounded marginalization and minority stress
- Those experiencing co-occurring mental health challenges such as anxiety, depression, trauma, or suicidality, who may benefit deeply from having their neurodivergent identity validated rather than treated as a deficit

What Are The Benefits?

- Improves mental health and emotional wellbeing
- Builds self-worth and authentic self-acceptance
- Reduces stigma around neurodivergent traits
- Supports authentic self-expression and empowerment
- Promotes a physically and emotionally safe environment