



Neurodiversity, Autism and ADHD* Information

**Information for parents and carers of
children and young people**

**Attention Deficit Hyperactivity Disorder*

Service provided by

Sirona
care & health

Recognising neurodiversity

Neurodiversity is the concept of natural variations in the way our brains work – something to be embraced, and celebrated.

Neurodivergent people are individuals whose brains develop or work differently. These individuals could have features of a neurodiverse condition e.g. autism but may not have a diagnosis.

People with different perspectives have new ideas, can be creative and have valuable unique skills. They may also find some things more challenging and need support. This may be different approaches at home, school, or in other settings.

Neurodiversity includes:

- Autism
- ADHD
- Dyspraxia
- Dyslexia
- Language disorder
- Coordination disorder
- Tourette syndrome
- Learning disabilities.

Your child may have features of a range of neurodiverse conditions, but a formal assessment may not be needed.

Everyone is unique and has different needs, skills, and abilities.

Recognising and acknowledging **neurodiverse** needs can be enough to support someone better. To find out more about neurodiversity, go to www.neurodiversityweek.com.

How can I best support my child if they may have autism or ADHD, or be neurodivergent?

If you think your child is developing differently and may have neurodiverse traits, autism or ADHD, we recommend supporting their needs as soon as you recognise them.

Helping a child or young person to be happy being themselves and have confidence and positive self-esteem is important. Focusing

on their strengths and needs can help with this.

There is a range of useful strategies to support a child at home, school or other settings, without requiring a formal diagnosis.

Areas of strength and need that you can support your child with, include:

- speech, language and communication
- cognitive ability
- energy levels (high energy or low energy)
- emotional regulation
- empathising
- sensory processing
- attention and impulse control
- flexibility and adaptability
- motor skills
- sleep
- eating and drinking.

Local children and young people are experiencing lengthy waits for autism and ADHD assessments, so it is vital that families do not put off seeking help and support while they are waiting for an assessment.

Families and young people and their school or educational setting can find out more about neurodiversity, ADHD and autism, and practice useful strategies using the links below.

Support

Resources and organisations to support you in meeting your child's needs can be found on our advice and signposting page:

- **Sirona advice and signposting**
sirona-cic.org.uk/children-services/resources/advice-and-signposting/
- **SEND and You** -
sendandyou.org.uk/



More local support

Bristol

Parent carer forum: www.bristolparentcarers.org.uk/

Local offer: bristol.gov.uk/bristol-local-offer

North Somerset

Parent carer forum: nspcwt.org/

Local offer: n-somerset.gov.uk/my-services/children-young-people-families/send-hub-local-offer

South Gloucestershire

Parent carer forum: sgpc.org.uk/

Local offer: [find-information-for-adults-children-families.southglos.gov.uk/](http://southglos.gov.uk/find-information-for-adults-children-families)

Let us know what you
think and get involved

T: 0300 124 5300* E: sirona.hello@nhs.net W: www.sirona-cic.org.uk

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