

TERMINOLOGY

There are a lot of different words, phrases and concepts that may be referred to throughout this website and in the neurodivergent world. Here is a list of some of the words and phrases that might be unfamiliar to some individuals

Neurodivergence / Neurodivergent

To refer to those who are different to the dominant societal standards of “normal”. Term can also refer to some mental health conditions like schizophrenia, not uniquely associated with autism.

Multiple neurodivergence

Refers to someone who experiences more than one neurodivergent condition i.e. autism and ADHD.

Neurodiversity

Refers to the concept of groups / society are made up of neurotypical and Neurodivergent individuals.

Neurominority group

Can be used to refer to groups which share same characteristics i.e. Autistic people are a neurominority group.

Motor Coordination Difficulties

This is when the development of motor skills is delayed, or when there is a difficulty to coordinate movements smoothly

Dyscalculia

Difficulty performing mathematical tasks

Obsessive Compulsive Disorder

A common mental health condition where a person has obsessive thoughts and compulsive behaviours

Sensory Integration Disorder

When the brain has problems receiving and responding to information that is sent through the five senses

Echolalia

The repetition of phrases and noises that people hear. An individual may repeat a sound or word immediately, or have delayed echolalia and repeat a line from a movie seen earlier, or a question asked previously.

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Theory of mind

The capacity to understand other peoples thoughts, emotions and intentions. This includes the knowledge that others may have different mental states to one's self.

Executive functioning

A set of processes and mental skills that help individual's plan and achieve their goals. Can include working memory, time management, emotional control, flexibility, task initiation and others.

Time blindness

The inability to sense the passing of time or misjudge the amount of time that has passed, usually during an enjoyable or engaging activity.

Rejection Sensitive Dysphoria

This occurs when you experience an overwhelming emotional sensitivity to criticism, complaint or rejection.

Dual diagnosis / Co-morbidity

Having two or more diagnosed mental health problems such as depression and anxiety. May also be used to describe an individual with two neurodiverse conditions such as autism and ADHD.

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