

**“Focus on my strengths and you’ll see how able I really am”**

**“Learning I was neurodivergent has made me accept my quirks and I now feel I belong”**

**Find the right support:  
Neurodiversity Pathways**

Do you want to know where to find the right support around neurodiverse challenges?

Visit Discover Pathways to find support that is right for you at this time:

[discoverpathwaysmoray.org.uk](http://discoverpathwaysmoray.org.uk)

**DISCOVER  
PATHWAYS TO  
WELLBEING**  
Moray

The views expressed in this leaflet might not represent every neurodivergent person as individuals experience their neurodiversity in a different way.

With this leaflet we hope to encourage a positive perspective on neurodiversity by focusing on strengths and qualities, instead of challenges.

**Do you want more information?**

Watch our Neurodiversity campaign clip on YouTube, visit our website or contact us at:

[hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk)

Additional community-led research supported by Knowledge is Power programme hosted by SCDC and the Poverty Alliance.



The Neurodiversity campaign is hosted by Moray Wellbeing Hub Social Movement and Enterprise harnessing the power of lived experience.

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[moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk)

# Neurodiversity



**A positive perspective for understanding neurodiversity and celebrating neurodiverse strengths.**

**+ Tips for support with neurodiverse challenges.**

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# Understanding Neurodiversity

Neurodiversity is the concept that brains work in a wide variety of ways. Many will work in a neurotypical way but there are also a lot of human brains that will work in a different or neurodivergent way. They are often put into categories such as autism, ADHD, dyslexia, dyspraxia/DCD, dyscalculia, FASD and many more. These differences can strongly affect a person's way of seeing the world. Their cognitive strengths and weaknesses, their values, their purpose in life and their sense of who they are. Often people think and talk about these conditions in negative terms but while there can be challenges, neurodivergent people can also bring very valuable insights, perceptions, skills and abilities with them.

## Dyslexia

Imaginative & Creative  
Visual  
Pattern Spotting  
Big Picture View

## ADHD or ADD (Attention Deficit Hyperactivity Condition or Attention Deficit Condition)

Passionate  
Inventive  
Multi-Tasking  
Adaptable

## Dyscalculia

Strategic Thinking  
Intuitive  
Practical  
Problem-Solving

## Dyspraxia or DCD (Developmental Co-ordination Condition)

Creative  
Refreshing Perspectives  
Imaginative  
Resourceful  
Determined

## Autism Spectrum Condition

Loyal  
Focused & Conscientious  
Eye For Detail  
Logical & Analytic

## FASD (Foetal Alcohol Spectrum)

Friendly & Outgoing  
Determined  
Artistic  
Non-Judgemental

## Resourcefulness

## Creativity

## Problem-Solving

## Inventiveness

## Out-Of-The-Box Perspective

...and many more.

This is not an exclusive list of medical diagnoses or labels of people with differently wired brains.

Additional needs or mental health conditions could also fall under the term neurodiverse.

Our aim has been to focus and celebrate the strengths of people with differently wired brains like ourselves. As individuals with lived experiences, we chose to focus on conditions we know best.

**It's time to focus on neurodiverse STRENGTHS!**