

New to Neurodiversity

Glossary



Accommodations: Using different strategies to complete the same task as others, **e.g.** using headphones during a writing task to accommodate for sensitivity to sound.

Advocacy: To support a cause publicly, or push for an option, need, or opportunity for someone else. This could be for a person, group, or community.

Autistic burnout: The intense physical, mental, or emotional exhaustion that some autistic people experience. Autistic people report that over a long period of time, masking, life changes, and sensory overstimulation can cause autistic burnout.

Double empathy problem: When two people struggle to understand each other, especially if they are different. When autistic and non-autistic people communicate, it's often blamed on the autistic person. When really, it's a mutual misunderstanding.

Echolalia: Repeating or “echoing” sounds, words, or phrases. This includes immediate echolalia where the sound is immediately repeated. And delayed echolalia, where the sound is repeated hours, days, weeks, months, or even years later.

Gestalt language Processing: Refers to another pathway of developing language, where the child develops gestalts (or “chunks”) of language, and then breaks these chunks down into individual words/units.

Info-dumping: Describes the habit of sharing a lot of information about a particular topic. Info-dumping is a word created by people in the autistic community.

Masking: When a neurodivergent person hides their true selves to appear more “neurotypical.”

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Modifications: Changing the expectation of a task. This could be changing the task, goal, or environment, **e.g.** doing writing tasks in a separate room to modify the environment for noise sensitivity.

Neurodivergent: A person or group whose minds are different from dominant social standards. **e.g.** " I am neurodivergent."

Neurodiverse: A group or population of people with different brains. This can include neurotypical people. One person cannot be neurodiverse. **e.g.** " My family is neurodiverse."

Neurodiversity: The broad variety of different brains and their functions. Just like hair colour and height, we all have variety on our thinking.

Neuro = brain, **diversity** = variety

Neurotypical: A neurotypical person is someone who thinks, learns, and processes information in a way that is considered typical or expected by society. It is not the same as being non-autistic. It is no more valid than any other brain type. It is a neutral term, not negative or positive.

Self-advocacy: Expressing your own needs and preferences to support yourself.

Special Interests (Splns): When autistic people become very interested in one topic. Autistic people often prefer the word "Splns" over "Special interests".

Stimming: The autistic community uses the word "stimming" to describe self-stimulatory behaviour. This involves repeating physical movements, sounds, or words.