SUPPORTING NEURODIVERSE THINKERS
HANDOUT 1: SUMMARY AND RESOURCES

SUMMARY

• Unlearning implicit bias of neurodivergence and dismantling ableism is an ongoing process

• Acceptance of your loved one in their full humanity (and yourself) can help your loved relationship one and your relationship

• Celebrate communication in its diversity while honoring your own needs and reaching compromises/setting boundaries as needed.

RESOURCES

• What Is Neurodiversity? (geniuswithin.org)

• What Exactly is Neurodiversity? (YouTube)

• Here’s what to say and not to say when discussing disability (NPR)

• Ableism: Types, examples, impact, and anti-ableism (medicalnewstoday.com)

• Understanding ableism and negative reactions to disability (apa.org)

• Diversity in Social Intelligence (dart.ed.ac.uk)

• An introduction to the double empathy problem (YouTube)

• Monotropism (embrace-autism.com)

• ADHD and Infodumping (YouTube)

• How Multiple Learning Disabilities Impacted This Family (understood.org)