SUPPORTING NEURODIVERSE THINKERS
HANDOUT 2: SUMMARY AND RESOURCES

SUMMARY

• Activities of daily living are a form of self-care, and can be challenging for a variety of reasons—recognize the role of spoons, be encouraging, be curious, and body double.

• Play and enjoying life and relationships are important for self-care and replenishing spoons.

• Strike a balance between supporting your loved one by advocating with them as needed while also promoting self-advocacy.

RESOURCES

• Neurodivergent Spoon Theory — Insights of a Neurodivergent Clinician (neurodivergentinsights.com)

• 5 Ways People Try to Help Someone With ADHD That Aren’t Actually Helpful (and What to Do Instead) (YouTube)

• Couples Living with ADHD: Healthy practices that focus less on fairness and more on companionship — Dr. Sharon Saline (drsharonsaline.com)

• The Danger of Pursuing Independence as a Goal for Autistic Young Adults (stairwaytostem.org)

• Questions and Answers — CHADD (chadd.org)

• College Accommodations — Insights of a Neurodivergent Clinician (neurodivergentinsights.com)

• Speaking Up for My Right to Accommodations in College (understood.org)

Information courtesy of the Counseling and Wellness Center at WWU. To request this handout in an alternate format, call 360-650-3164 or email cwc@wwu.edu. AA/EO. Rev. 12/2023.