

Neurodiversity Affirming Care

WHAT IS NEURODIVERSITY?

Neurodiversity is a different way of talking about learning and thinking about differences. The term neurodiversity refers to the differences of all human minds and the idea that all brains are different. Those who are neuro-divergent are those who have brains that differ from what we consider "typical". This can include people who are autistic, hyperlexic, dyslexic, those with mental health disorders, or even those who stutter.



WHY NEURODIVERSITY?

Neurodiversity recognizes differences as just that - differences!

When supporting neurodiversity, we seek to support the idea that not every brain works in the same way, just as we all reason, and think in different ways. Through this mindset we advocate for inclusion and supports that allow those who are neuro-divergent to live their lives as who they are rather than being asked to conform. When providing neuro-diversity affirming care we celebrate difference, support and work to overcome barriers, and advocate for necessary services that allow those who are neuro-divergent to thrive in a world that isn't always built for them.



THE CHAT DIFFERENCE: *Neurodiversity Affirming Care*

At CHAT, we focus on strengths over limitations and support equal opportunity to succeed through flexibility in learning and family-centered care.

We focus on goals that support those who learn differently and strive to incorporate strategies to overcome barriers in learning and communication. Our therapists provide services that foster trust, value freedom of expression, encourage independence, and support self-determination. We target goals in self-advocacy like refusing unwanted activities, requesting sensory breaks, educating others on supports needed, and communicating emotional needs. We provide strategies for executive functioning skills and advocate for augmentative and alternative communication systems (AAC). We target identifying and expressing feelings versus hiding them and we uphold the client's right to be beautifully themselves. **CHAT with us to learn more!**

