

GAINING COMFORT WITH NEURODIVERSITY

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LISTEN TO THE NEURODIVERGENT COMMUNITY

Learn directly from the neurodivergent community by listening to their stories. The #actuallyautistic hashtag can be helpful in finding content from autistic creators through social media. Follow multiple content creators to have a variety of different perspectives displayed within your feed.

EXAMINE LOCAL RESOURCES

Research what services and supports are offered within your community for neurodiverse youth. Consider finding organizations that have neurodiverse leaders to lead you to appropriate resources.

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COMMUNITY EXPOSURE

Attend (and be respectful of) community events that are tailored to the neurodivergent community. Examples can include disability resource fairs, awareness events, "sensory friendly" events, etc.

SEEK MENTORSHIP

Ask your agency worker to connect you with a family within your agency that has experience with adopting/fostering neurodiverse youth.

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RESPIRE

Once you have gained some background knowledge about neurodiversity, talk with your worker to determine if you could be an appropriate respite resource/

VOLUNTEER

Seek volunteer opportunities, perhaps within some of the community exposure events discussed above. If you belong to a faith community that has a special needs program, consider ways you can assist.

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IDENTIFY YOUR OWN IDEA

Talk with your worker about an idea you have that is not listed on this resource.