

Neurodiversity Terms Explained

Neurodiversity

A proposed framework that recognizes and celebrates the natural variation in neurological traits and conditions. It emphasizes intrinsic diversity in human brain function and that neurological differences, such as autism, ADHD, dyslexia, and more, are simply part of the natural diversity of the human population.

Neurodivergent

An umbrella term that describes individuals whose neurological development and functioning differ from the so-called neurotypical or typical population. Neurodivergent individuals may have conditions like autism, ADHD, dyslexia, and others. It signifies a deviation from the perceived norm.

Neurotypical

Refers to individuals whose neurological development and functioning align with what is considered typical or the majority in a given population. In the context of neurodiversity, neurotypical individuals do not have conditions like autism, ADHD, or dyslexia.

Neurodiverse

A broader term that encompasses individuals with diverse neurological characteristics. It includes both neurodivergent and neurotypical individuals and reflects the idea that neurological diversity is a fundamental aspect of the human experience.

Neuro-Minority

This term refers to individuals who are part of the minority in terms of neurological characteristics. It includes people who are neurodivergent, such as those with autism or ADHD, and suggests that their experiences are different from the neurotypical majority.

Neuro-Majority

Represents the neurotypical or typical population, signifying that they make up the majority in terms of neurological characteristics in a given context or society. This term acknowledges that their experiences and perspectives may differ from those of neurodivergent individuals.