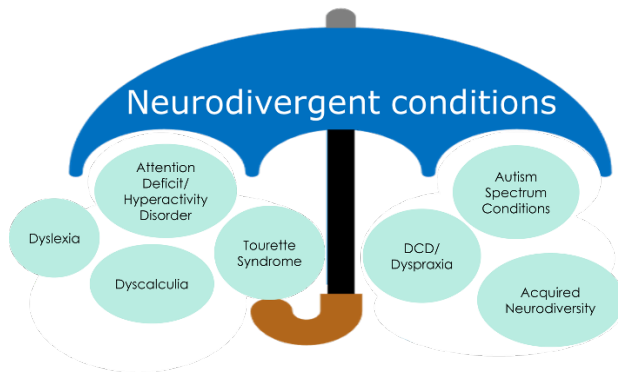


NeuroDiversity Learn at Lunch Summary



In case you've not realized it, some organizations include other conditions within ND.

ND typically expresses itself as difficulty in one or more of the following areas:

- Planning & Organization
- Time Management
- Working Memory
- Inhibition and Impulse
- Emotional Regulation, or
- Task initiation & Follow-through

To be assessed, you directly book with a clinic you've researched online. It is recommended you check your insurance coverage and ask "Who does what? And to what purpose?" when investigating a clinic's assessment process. Usually a psychologist, nurse practitioner and psychiatrist are on the team using interviews and test instruments. ND, and ADHD particularly (because it is most common) have a detrimental effect on employment and life expectancy when undiagnosed. Some ND persons can benefit from medication, in addition to coaching or accommodations. One example cited was having verbal instructions written in short summary form. Employees who are ND should self-disclose so that accommodations can be given, and should talk at length with their work manager to ensure that these are working effectively. Co-workers can always ask what ways of communicating, etc. work best, so that the person who is ND can express their desires.

The following **worksheet** was shared during the L&L to help employees think about how they work best, so they can share it with colleagues.

A neurodiverse social and support group is forming. If you're looking to connect with other ND persons, email pdc@thesociety.ca

