

Let's Get Together! Book Clubs for Neurodivergent Adults

Vocabulary and Resources

The Language of Neurodiversity

Neurodiversity is the diversity of human minds. This term differs from **neurodivergent (ND)**, an adjective that describes someone whose brain diverges from what is considered “normal” in society, Neurodivergence is often confused as a synonym for autistic. While autistic people are neurodivergent, not all neurodivergent people are autistic. Neurodivergence includes many different intellectual, developmental and neurological conditions. People who are not neurodivergent are referred to as **neurotypical**.

For further reading on the terminology associated with neurodiversity, visit Dr. Nick Walker’s website *NeuroCosmopolitanism* and read the article

“Neurodiversity: Some Basic Terms and Definitions.” URL:

<https://neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/>

Additional Resources:

Autistic Self Advocacy Network (ASAN)

Autisticadvocacy.org

Next Chapter Book Club

Nextchapterbookclub.org

Neurodivergent Rebel

Neurodivergentrebel.com

Children and Adults with Attention Deficit Disorder (CHADD)

CHADD.org

Different Brains

Differentbrains.org

Key Hashtags

#ActuallyAutistic, #AskingAutistics, #NeurodiverseSquad