

Not just challenges

Looking at conditions such as Dyscalculia or Attention-Deficit/Hyperactivity Disorder from a Neurodiversity perspective means that we don't think of traits as medical problems. Instead of thinking of a person's Neurodiverse brain using negative terms such as 'disordered' or 'impaired', we instead think of it as a normal variation on how a human brain can be, i.e. just different, not lesser.

By stepping away from the medical model (which focuses on disability), we consider individuals' strengths as well as the challenges that they face.

Strengths too!

Whilst every Neurodiverse person is unique, there are some strengths that are commonly found in particular Neurodiverse conditions. These are summarised below.

Condition	Common strengths*
Attention-Deficit/Hyperactivity Disorder (ADHD)	Some aspects of creative thinking, particularly real-world creative thinking ¹ , goal-directed creative thinking ² and original thinking ^{1,3,4} .
Autism Spectrum Disorder (ASD)	Attention to detail ^{5,6} ; reasoning rather than jumping to conclusions ^{5,7,8} ; ability to focus/concentrate ^{5,9,10} ; ability to arrange/order things (systemising) ^{5,10,11} ; some aspects of memory including rote learning ^{5,9,12,13} ; tolerance of repetitive tasks ^{5,10} ; number skills ^{5,13} ; visual skills ^{5,13} ; auditory skills ^{5,13} ; musical skills ^{13,14} ; and risk aversion ^{15,16} .
Developmental Coordination Disorder (DCD)	Empathy ¹⁷ , resilience ¹⁸ , humour ¹⁸ and creativity ^{18,19} .
Developmental Language Disorder (DLD)	(Currently unknown)
Dyscalculia	(Currently unknown)
Dyslexia	Creative, innovative thinking ¹⁹⁻²¹ . Global visual-spatial skills ^{19,22} (the ability to tell where objects are in space by looking at the whole part (i.e. holistically) rather than at details) – useful in maths, sciences, engineering, architecture and 3D art.
Intellectual Disability (ID)	Variable, depending on etiology. For example, individuals with Down Syndrome often show relative strengths in social functioning ²³ .
Tic Disorders	Reading ²⁴ ; abstract, logical thinking ²⁴ ; and creativity ²⁵ .

* Some conditions have far more strengths listed than others. This is not necessarily because they are actually associated with more strengths. Those conditions with the most strengths listed (e.g. ASD) are the conditions that have been researched most by scientists.

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