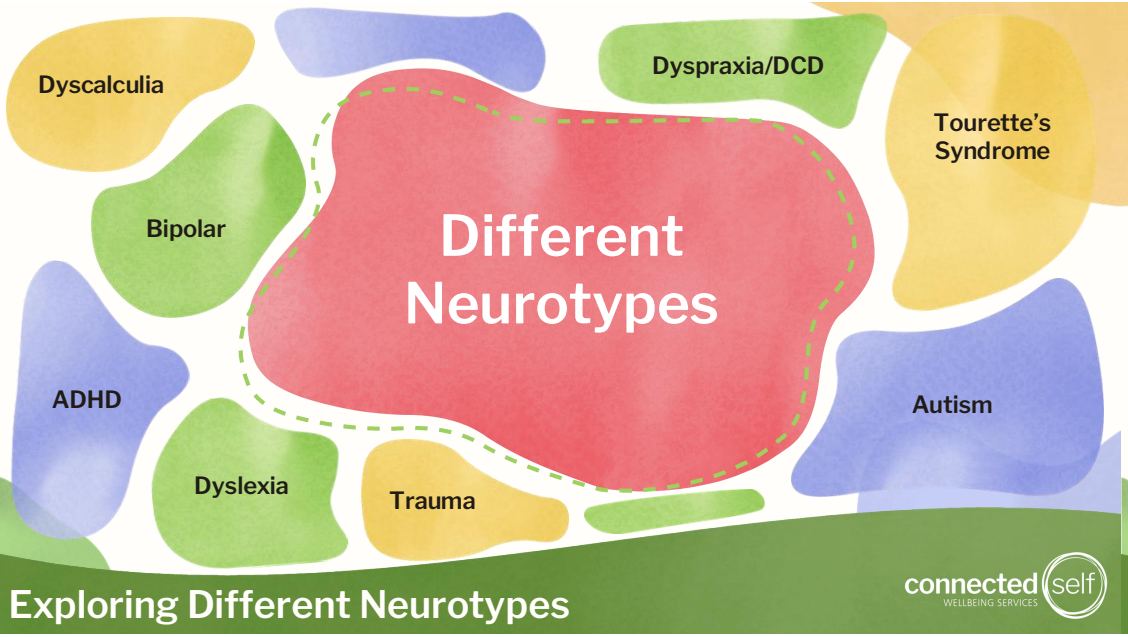


Exploring Different Neurotypes

connected self WELLBEING SERVICES

ADHD (attention-deficit hyperactive disorder)

Prevalence: Around 5% of people

Common Experiences:

- Fluctuating attention and distractibility depending on interest or stimulation
- High energy levels and a strong need for movement or activity
- Spontaneous responding

Strengths:

- Ability to hyperfocus on areas of strong interest or importance
- High motivation and productivity when engaged in meaningful tasks
- Quick thinking

Exploring Different Neurotypes

connected self WELLBEING SERVICES

ADHD (attention-deficit hyperactive disorder)

Predominantly Inattentive (ADHD-I)

Predominantly Hyperactive (ADHD-H)

Combined (ADHD-C)

Exploring Different Neurotypes

connected self WELLBEING SERVICES

Autism (previously known as autism spectrum disorder), 3 levels

Prevalence: Around 2% of people

Common Experiences:

- Differences in communication & social interaction styles
- Repetitive or routine-based behaviours and interests
- Distinct sensory profiles

Strengths:

- Strong attention to detail
- Creativity and innovative problem-solving
- Excellent memory
- Deep focus and expertise in areas of interest

Exploring Different Neurotypes

connected self WELLBEING SERVICES

Dyspraxia (or developmental coordination disorder)

Prevalence: Around 5% of people

Common Experiences:
- Differences in movement, coordination, and sequencing of physical actions
- Challenges with hand–eye coordination or spatial awareness in daily tasks

Strengths:
- High motivation and perseverance
- Strong strategic and problem-solving skills
- Creative and flexible thinking when approaching tasks

Exploring Different Neurotypes

connected self WELLBEING SERVICES

Dyslexia

Prevalence: Around 10% of people

Common Experiences:
- Differences in processing written information, spelling, and reading fluency
- Variations in working memory, sequencing, and time management
- May take longer to complete literacy-based tasks

Strengths:
- Strong verbal communication and storytelling abilities
- Excellent “big picture” and conceptual thinking
- High levels of creativity, innovation, and visual–spatial reasoning

Exploring Different Neurotypes

connected self WELLBEING SERVICES

Dyscalculia

Prevalence: Around 5% of people

Common Experiences:
- Understanding and applying numerical or spatial information
- Managing time and sequencing
- Working memory and organisation

Strengths:
- Attention to detail
- Creativity and originality
- Strong memory for non-numerical information
- Deep focus on areas of interest
- Strategic and innovative thinking

Exploring Different Neurotypes

connected self WELLBEING SERVICES

Trauma

Prevalence: Most people

Common Experiences:
- Difficulties with emotional regulation
- Shifts in how one views themselves, others, or the world
- Reduced access to higher-order thinking (e.g., problem-solving, perspective-taking) when under stress

Strengths:
- Heightened awareness
- Deep empathy and attunement to others’ needs
- Strong survival instincts and adaptability
- Capacity for insight, reflection, and post-traumatic growth

Exploring Different Neurotypes

connected self WELLBEING SERVICES