

Have you ever heard of neurodiversity?  
What does that word mean to you?

Currently, the neurodiversity movement is growing around the world. This movement is not lead by one specific person, but is a collective effort to change the way that certain people are treated. It aims to create a framework to understand different brains, and to create a world that is more accepting of these differences.

Sometimes people think that neurodiversity is only for people who's brains have been 'different' their whole lives, like Autistic people, but neurodiversity is an idea for everyone. It is about how our society works and how we could change things to be better for everyone.

## References

We're All Neurodiverse- Sonny Jane Wise

## Questions

Do you identify as neurodivergent? Why/why not?

What could you change in your life to accomodate how your brain works?

How does the neurodiversity paradigm align with your values?

If you could create the perfect world for your brain, what would it look like?

What skills and knowledge do you use when navigating things that don't suit how your brain works?

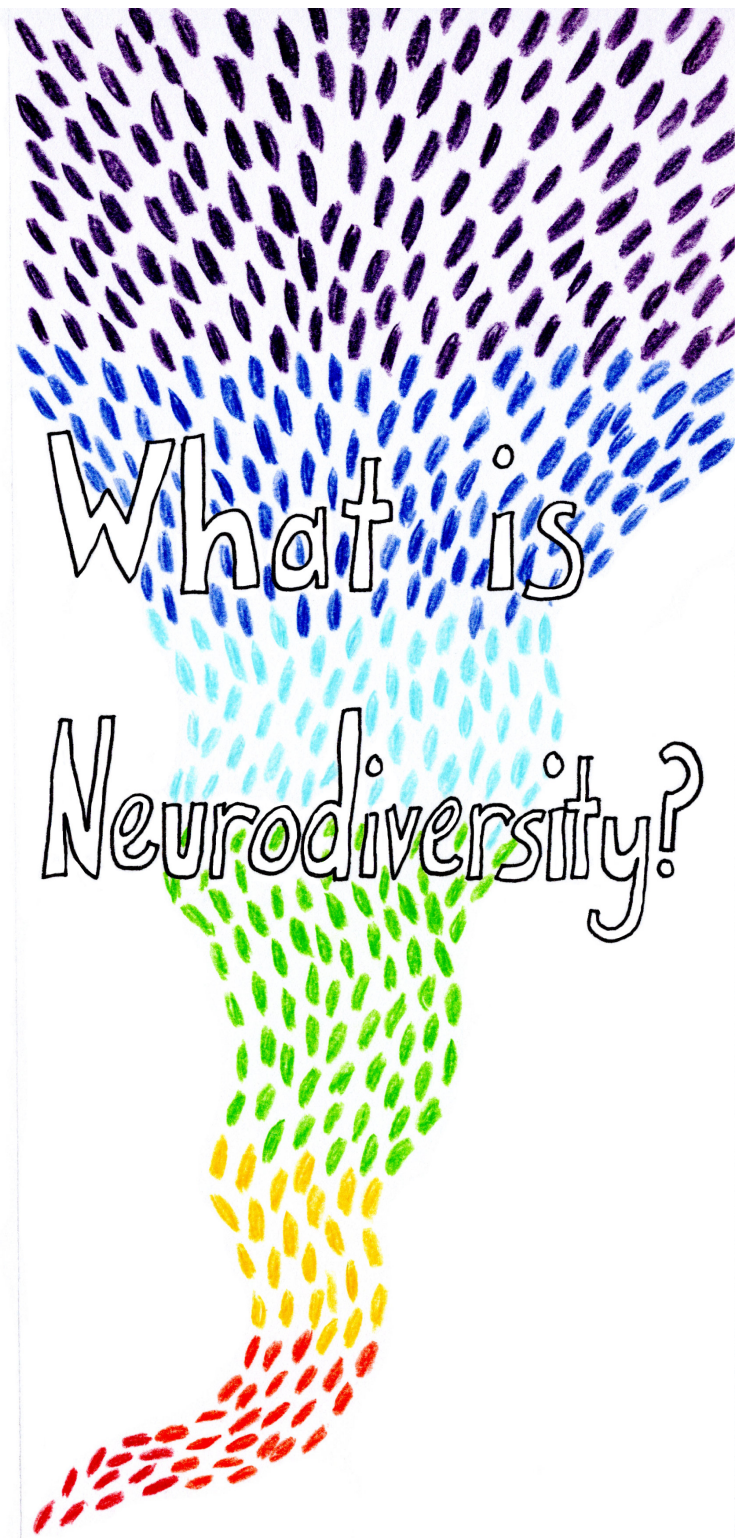
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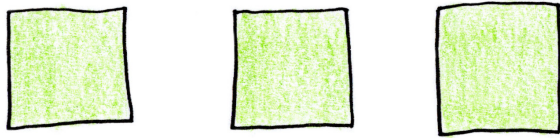
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2026





We have created a society that is designed for certain kinds of brains.



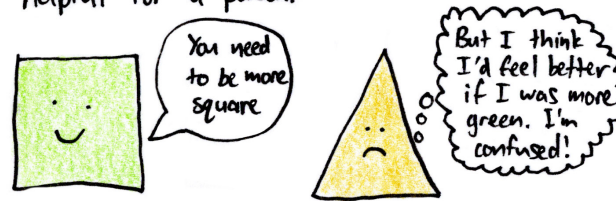
Our society values certain traits and kinds of brains, and doesn't value others.



Some people have decided that some of these traits that are not valued are disorders. They have written criteria for these disorders in medical books like The Diagnostic and Statistical Manual of Mental Disorders.

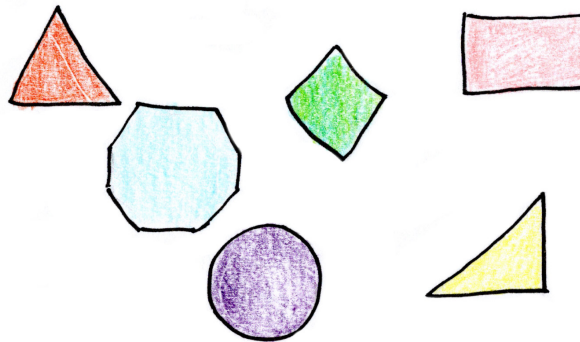
DSM-5  
ICD-11  
DSM-IV-TR

This is called the Pathology Paradigm. People who view the world this way think that these 'disorders' need to be fixed. They decide what they think is 'fixed' based on traits that our society values, not necessarily what is helpful for a person.



Some people realised that the Pathology Paradigm didn't fit their experiences. Many of the traits that had been labelled 'disordered' were not bad, just different.

Having different traits and different kinds of brains is a normal part of humanity. This diversity is natural. Everyone's brain is unique, no one is truly 'normal'.



This idea is called the Neurodiversity Paradigm.

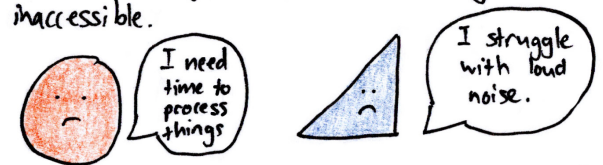
People who are different from the traits that our society values (and consider 'normal') are Neurodivergent. They aren't disordered for having those traits.



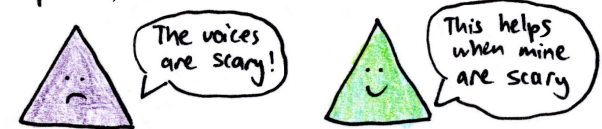
Some people are born with these traits and others acquire them across their lives.

Anxiety      Epilepsy      Attention differences  
Hearing voices      Multiplicity  
Down Syndrome      Dyslexia      Autism

Sometimes these traits can make people's lives hard. This might be because society is inaccessible.



Sometimes these traits are still hard, even when things are accessible. The person isn't broken. It's up to the person to decide what they want to change. Changes are to help the person, not control them or 'normalise' them.



We can design a world for all kinds of brains!