# A logo for a company  AI-generated content may be incorrect.**Course Description**

**Neurodivergent-affirming communication, language and spaces:**

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**Contact:** **info@autentic.uk**

**How has this course been developed?**

This 3-hour course has been developed in-line with the latest research and empirical studies relating to aspects of neurodivergent-affirming practice and support, and balanced with 10 years professional experience of supporting autistic and neurodivergent adults and young people, as well as lived experience of the specific subject matter.

**What is the overall course aim?**

This course aims to develop a strong understanding of how to support undiagnosed, undisclosed, disclosed or self-recognising autistic and neurodivergent individuals. You will gain an understanding of how to support in a neurodivergent-affirming way and how to motivate your team to engage with neurodivergent-affirming changes to practice and processes.

**What are the expected learning outcomes?**

* Enhanced understanding of autism, a strong understanding of AuDHD and an introduction to ADHD, Tourette's Syndrome, Dyspraxia, Dyslexia, and Dyscalculia
* Understanding of neurodivergent communities, and how they intersect
* Understanding the language we use that is respectful and sensitive to the autistic community specifically and generally to the neurodivergent community
* Understand the Equality Act 2010 and reasonable adjustments in relation to neurodivergence
* Understand the common communication and sensory barriers neurodivergent people face in every-day life
* Understand how to support self-advocacy and neurodivergent confidence
* Aware of supportive neurodivergent-affirming service practice and processes, focusing on communication and the environment
* Neurodivergent mental health first aid - including practical strategies to support anxious or overwhelmed neurodivergent people accessing environments and services
* Workshop practical and tailored strategies, focusing on communication and the environment, to adapt your personal and team practice to be autism-affirming
* Aware of how to access additional strategies and resources to support your autism and neurodivergent-affirming team change

**Who is this course for?**

This course has been designed for professionals and individuals providing services for the public, and does contain some workplace-specific content. No previous knowledge or training is required, however attendees should have a basic understanding of what neurodivergence is.