

COURSE DESCRIPTION

Neurodivergent-affirming language, communication and spaces

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?

- 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 good basic understanding of what neurodivergence is.

Contact: booking@autentic.uk