

# Understanding neurodiversity



When you hear the term diversity, brain function might not be the first thing that comes to mind. But cognitive differences have existed in people throughout history and are just one way we can be diverse. Neurodiversity describes the differences in how we think, learn and behave. It has two categories under it:

- **Neurotypical:** People whose brains process information in a way that's considered standard or typical.
- **Neurodivergent:** People whose brains process information in a way that's not considered standard/typical for their age.

Basically, different brains work differently. It's important to note that different does not mean wrong or lacking. **We all have our struggles and strengths when it comes to how our brains work.**

According to Northwestern Medicine, about 15-20% of the world's population shows signs of neurodivergence. Conditions that are commonly associated with neurodivergent brain function include autism spectrum disorders, attention-deficit disorders, dyslexia and dyspraxia.

People who are neurodivergent are often innovative, creative, accurate and reliable, with unique abilities for problem-solving and concentration. They may also experience challenges with social interactions, be sensitive to stimuli like light, sounds and smells, or have repetitive behaviors or routines.

## FINDING NEUROAFFIRMING CARE

For folks who are neurodivergent, it can be helpful to find a medical provider who offers neuroaffirming care. This is care that takes into account how different brains work, and sees both the strengths and struggles associated with those differences. Neuroaffirming therapy focuses on helping the child or adult become self-actualized and able to be their authentic self.

Need help, don't know where to start? To seek care, start by asking a provider if their practice is neuroaffirming. If they're not familiar with the term, you can share the definition with them. Ideally, everyone should receive this type of care, whether they are neurodivergent or not. We all deserve to be cared for as a whole person, with our unique strengths and our unique struggles.

**Learn more:**

[psychologytoday.com/us/blog/living-neurodivergence](https://psychologytoday.com/us/blog/living-neurodivergence)



**Learn more: [nm.org/healthbeat/healthy-tips/Understanding-Neurodiversity](https://nm.org/healthbeat/healthy-tips/Understanding-Neurodiversity)**

# JUNE 2025



## EQUITY MONTH

One form of equity is health equity, where everyone can attain their full potential for health and wellbeing. It is determined by biological factors, as well as the conditions in which people are born, live, work, play, and age.

Learn more: [who.int/health-topics/health-equity](https://www.who.int/health-topics/health-equity)

## PRIDE MONTH

Pride Month is an annual celebration of the contributions of the LGBTQIA+ community to history, society and cultures worldwide. It commemorates the anniversary of the Stonewall Riots, a major event in the LGBTQIA+ rights movement.

Learn more: [history.com/topics/gay-rights/pride-month](https://www.history.com/topics/gay-rights/pride-month)

## ALZHEIMER'S AND BRAIN AWARENESS MONTH

Alzheimer's is a brain disease that impacts nearly 7 million Americans. Learn the signs and everyday actions you can take to promote better brain health.

Learn more: [alz.org/abam/overview.asp](https://www.alz.org/abam/overview.asp)

## NATIONAL HIV TESTING DAY **JUNE 27**

Getting tested for HIV is self-care. By knowing your status you're taking care of your sexual health. Get tested today.

Learn more: [hiv.gov/hiv-basics](https://www.hiv.gov/hiv-basics)

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Global Wellness Day					Mother's Day	
8	9	10	11	12	m3	14
Father's Day				Juneteenth		
15	16	17	18	19	20	21
				Hijri New Year	Hijri New Year	
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