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The Neurodiversity Toolkit

Supporting Health and Social Care Staff and Students to Flourish

This practical book provides a toolkit that health and social care students and staff who know or think that they might be neurodivergent can use to support themselves as they learn and develop. The book begins with an overview of what neurodiversity is and the neurotypes commonly associated with it, including discussion of the experiences, strengths and challenges that being neurodivergent may bring. A chapter focuses on screening and the diagnostic process, acknowledging the emotional rollercoaster than this may cause and signposting readers to support. It provides tips on how to study effectively, including the use of technology and equipment that may help and how to manage challenges that may be experienced when learning and working in practice settings. Including vignettes from neurodivergent people throughout, it is accessible and engaging, presenting information for a variety of learning styles. The book is an essential guide for neurodivergent health and social care professionals throughout their career from students onwards. It is also an invaluable reference for educators, supervisors, mentors and managers in health and social care. Online resources accompany the book can be found at www.routledge.com/9781032720449

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