

### What is Neurodiversity?

Neurodiversity refers to the different ways the brain can work and interpret information. It highlights that people naturally think about things differently. Most people are neurotypical, meaning that the brain functions and processes information in the way society expects.

Neurodiversity is an umbrella term used to describe a number of these variations and includes conditions such as autism, ADHD, dyspraxia and Tourette syndrome. It is estimated that around 1 in 7 people in the UK have some kind of neurodivergent condition.

Everyone is unique and has different needs, skills, abilities and strengths. Individuals may find some aspects of life more challenging, for which they require additional support.

### **Autism**

Autism affects a wide range of people.

Autistic people may act in a different way to other people

Autistic people may:

- find it hard to communicate and interact with other people
- find it hard to understand how other people think or feel
- find things like bright lights or loud noises overwhelming, stressful or uncomfortable
- get anxious or upset about unfamiliar situations and social events

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### **Supports for Adults with Autism and Neurodiversity**

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- take longer to understand information
- do or think the same things over and over

Autism is a spectrum. This means everybody with autism is different.

About half of adults with Autism have a learning disability and Learning Disability Services may be able to support them.

Some Autistic adults also have severe and enduring mental health needs. For these people, Mental health services may best meet their needs.

Some autistic people need little or no support. Others may need help from a parent or carer every day.

### **ADHD**

Adults with ADHD (Attention Deficit Hyperactivity Disorder) may find they have problems with:

- organisation and time management
- following instructions
- focusing and completing tasks
- coping with stress
- feeling restless or impatient
- impulsiveness and risk taking

Some adults may also have issues with relationships or social interaction. People with ADHD may also have additional problems, such as sleep and anxiety disorders.

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## **Diagnostic Assessments for Autism or ADHD**

Autism and ADHD are lifelong conditions. Many adults, especially women and girls were not diagnosed as children. If you feel you need an assessment for Autism or ADHD, you can speak to your GP who can make a referral for a diagnostic assessment. For more useful help, please visit:

<https://www.nhs.uk/conditions/autism/getting-diagnosed/>;

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/> or <https://www.bdct.nhs.uk/services/bradford-and-airedale-neurodevelopmental-service-bands/>

## **Social Care Assessment**

If you are autistic or neurodivergent and need support with aspects of daily living you can request an assessment from Adult Social Care.

For more about this, please see our Assessment Fact Sheet.

## **Services**

Information about free and chargeable services available to support neurodivergent people in and around Bradford can be found on the Healthy Minds website, please visit:

<https://www.healthyminds.services/support/neurodiversity>

## **Healthy Minds**

Our strategy for Neurodiversity is part of the Bradford District and Craven Health and Care Partnerships Healthy Minds Strategy, please visit:

[https://bdcpartnership.co.uk/wp-content/uploads/2024/01/Healthy Minds Strategy 01 2024.pdf](https://bdcpartnership.co.uk/wp-content/uploads/2024/01/Healthy_Minds_Strategy_01_2024.pdf) . Useful

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information and support can be found on the Healthy Minds website, under 'find support': <https://www.healthyminds.services/support/neurodiversity>

## Key Links

<https://www.nhs.uk/conditions/autism/getting-diagnosed/>



<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/diagnosis/>



<https://www.bdct.nhs.uk/services/bradford-and-airedale-neurodevelopmental-service-bands/>



<https://www.healthyminds.services/support/neurodiversity>



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