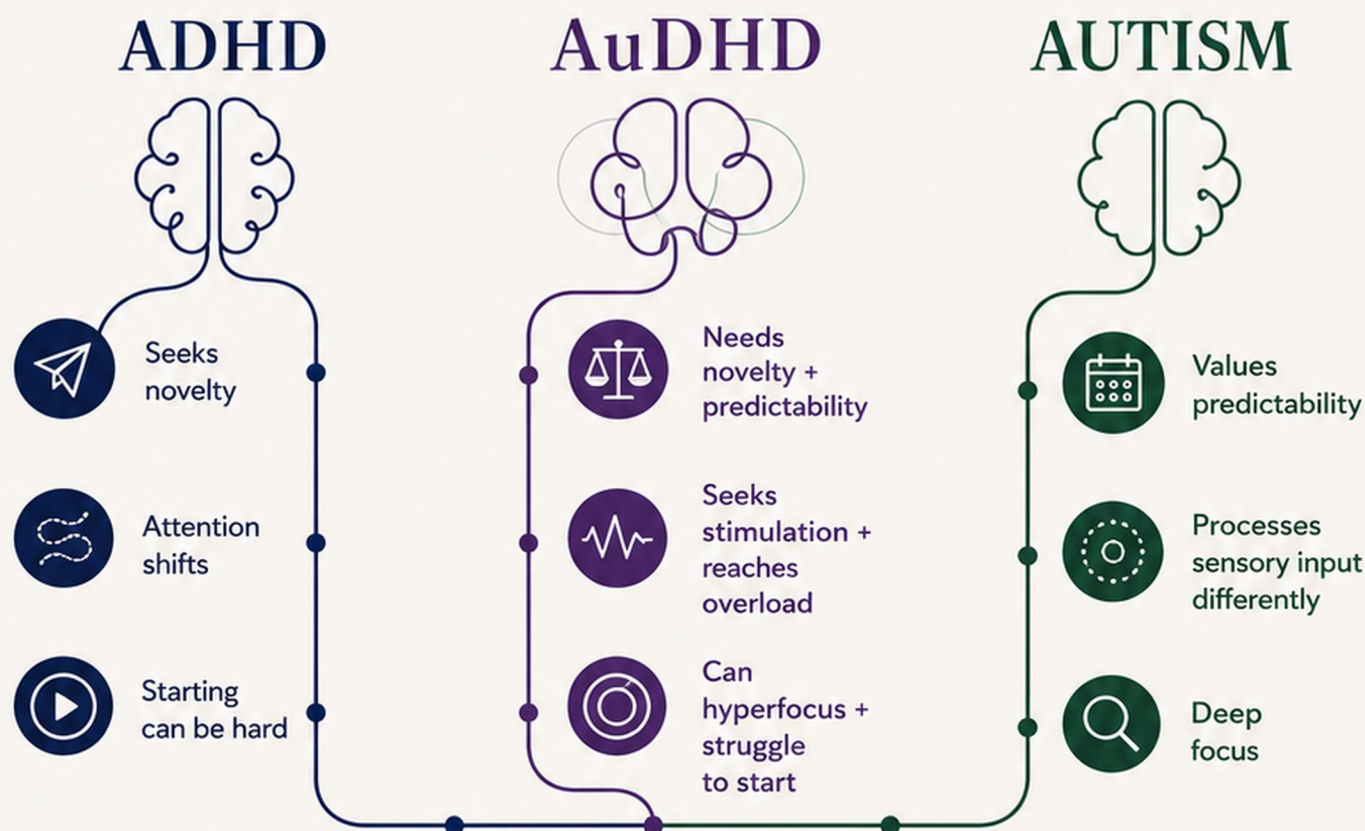


ADHD, AUTISM & AuDHD

ADHD and autism are neurodevelopmental differences. They affect how the brain works, learns, communicates and processes the world.

**A diagnosis describes needs.
It does not define a person.**

Different brains.
Different patterns.
**Sometimes
overlapping needs.**



There isn't one way to be ADHD, autistic or AuDHD.
Understand the person. Support the need.

This resource is for information and awareness only. It is not a diagnostic tool. For personalised support, speak with a qualified professional.



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Creating inclusive spaces for neurodivergent individuals, families and communities to thrive. ✨