

ADHD

Reframing the criteria from deficit based to differences based.

Experiences a non-linear attention span where one's attention is determined by personal interest, values, urgency, novelty and capacity.

Differences in sensory processing and sensory filtering; may experience challenges in filtering out irrelevant sensory input.

Engages with stimming and an increased need for movement for regulation, sensory input, self-expression, engagement and learning.

Communication differences: expressive tone of voice, differences in eye contact, verbal processing and interest-based and connection-based conversation style.

Differences in time perception; inner clock different to linear clock time.

Experiences internal or external hyperactivity or a combination of both with features such as racing thoughts or an increased need for movement.