

# Embracing Neurodiversity at Work – Information and Resources

## Language

- Neurodiversity glossary: <https://www.inclusiveemployers.co.uk/blog/neurodiversity-glossary/>
- Person-first and identity-first language: <https://askearn.org/page/people-first-language>

## Neurotypes in the workplace

- Supporting staff with Dyslexia, Dyspraxia, and Dyscalculia: A Toolkit for Managers: <https://cavuhb.nhs.wales/staff-information/toolkits/support-staff-in-dyslexia-dyspraxia-and-dyscalculia/support-staff-in-dyslexia-dyspraxia-and-dyscalculia-toolkit/support-staff-in-dyslexia-dyspraxia-and-dyscalculia-toolkit/>
- Understanding dyslexia in the workplace: <https://www.inclusiveemployers.co.uk/blog/understanding-dyslexia-in-the-workplace/>
- Dyslexia friendly style guide: <https://www.bdadyslexia.org.uk/advice/employers/creating-a-dyslexia-friendly-workplace/dyslexia-friendly-style-guide#:~:text=Use%20sans%20serif%20fonts%2C%20such,may%20request%20a%20larger%20font.>
- Dyscalculia in the workplace: <https://lexxic.com/blog/dyscalculia>
- Dyspraxia in the workplace: <https://www.gmb.org.uk/thinking-differently-at-work/dyspraxia-toolkit.pdf>
- An employer's guide to ADHD in the workplace: <https://www.adhdfoundation.org.uk/wp-content/uploads/2022/03/An-Employers-Guide-to-ADHD-in-the-Workplace-Scottish-ADHD-Coalition-1.pdf>
- Employing autistic people: a guide for employers: <https://www.autism.org.uk/advice-and-guidance/topics/employment/employing-autistic-people/employers>
- Support at work: a guide for autistic people: <https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults>
- Tourette Syndrome in the workplace: <https://www.tourettes-action.org.uk/84-employers.html>

## Masking in the workplace

- Neurodivergent masking in the workplace: <https://www.verywellmind.com/neurodivergence-at-work-to-mask-or-not-to-mask-7108000>
- Autistic masking in the workplace: <https://aane.org/autism-info-faqs/library/understanding-autistic-masking-in-the-workplace/>

## Universal design

- Universal Design: <https://universaldesign.ie/about-universal-design>
- Addressing Neurodiversity through Universal Design: <https://differentbrains.org/addressing-neurodiversity-through-universal-design/>

## Miscellaneous

- 5 Hallmarks of a Neurodivergent – Inclusive Workplace: <https://www.additudemag.com/inclusion-in-the-workplace-features-invisible-disabilities-adhd/>

## Videos

- Rebranding the Brain: Neurodiversity at Work (Dave Thompson, TedxDanville): <https://www.youtube.com/watch?v=vp7QfomN2Bs>
- Working a 9-5 while (Unknowingly) Autistic: <https://www.youtube.com/watch?v=VKIq7oh4FoM>
- How to Get the Best Out of an ADHD Employee: <https://www.youtube.com/watch?v=fvRnhV5GnjU&t=80s>
- 5 Tips for Tourette in the Workplace: <https://www.youtube.com/watch?v=7OiNsB8TOQE>
- Diversity, Inclusion and Universal Design (Teddi Doupe, TedxUAlberta): <https://www.youtube.com/watch?v=hl-rsKblvfc>