

Neurodiversity Resources

General

Welcomed and Valued - GMC resource

<https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/welcomed-and-valued>

Welcomed and valued provides advice on how medical schools and postgraduate educators can provide support.

BBC Resource videos

<https://www.youtube.com/watch?app=desktop&v=2Mez9THUoyc>

A video demonstrating how neurodivergent individuals may struggle with busy working environments and interacting with colleagues.

<https://www.youtube.com/watch?app=desktop&v=ZLyGuVTH8sA>

A video allows the viewer to experience the physical and sensory challenges that neurodivergent people would face on a typical day at work.

National Autistic Society video

<https://youtu.be/aPknwW8mPAM>

A video allowing the viewer to experience an autistic person walking through a shopping centre, ending in a meltdown.

Cognassist

<https://cognassist.com/>

https://cognassist.force.com/support/s/article/How-to-support-neurodiverse-learners?language=en_US

Cognassist was created with one idea in mind: **to ensure neurodiversity is embraced every day in employment and education.**

Chartered Institute of Personnel and Development

<https://www.cipd.co.uk/>

https://www.cipd.co.uk/Images/neurodiversity-at-work_2018_tcm18-37852.pdf

<https://www.cipd.co.uk/knowledge/fundamentals/relations/diversity/neurodiversity-work>

A professional body for experts in people at work, championing better work and working lives by setting professional standards for HR and people development.

Reasonable Adjustments at Work

BMA resource

<https://www.bma.org.uk/advice-and-support/your-wellbeing/reasonable-adjustments/making-reasonable-adjustments>

<https://www.bma.org.uk/advice-and-support/your-wellbeing/reasonable-adjustments/reasonable-adjustments-throughout-the-stages-of-medical-education-and-training>

Disabled Students Allowance:

<https://www.gov.uk/disabled-students-allowance-dsa>

Disabled Students' Allowance is support to cover your study-related costs because of any disability.

ADHD

ADHD Foundation

<https://www.adhdfoundation.org.uk/>

<https://www.adhdfoundation.org.uk/resources/>

The ADHD Foundation is the UK's leading neurodiversity charity, offering a strength-based lifespan service.

AADD-UK

<https://aadduk.org/>

<https://aadduk.org/help-support/coaches/>

AADD-UK is a small, unfunded charity running some affiliated support groups and an online community.

Children and Adults with ADHD (CHADD)

<https://chadd.org/for-adults/workplace-issues/>

American charity offering information, advocacy and support for those with ADHD.

The National Attention Deficit Disorder Information and Support Service

<http://www.addiss.co.uk/>

Information and resources about ADHD for anyone who needs assistance.

UK Adult ADHD Network (UKAAN)

https://www.ukaan.org/clinicians_resource.htm

An organisation providing support, research and training for mental health professionals working with adults with ADHD.

Autism

National Autistic Society

<https://www.autism.org.uk/>

<https://www.autism.org.uk/advice-and-guidance/topics/employment/employing-autistic-people/employers>

A large support, education and advocacy society.

Autistic Doctors International (ADI)

<https://autisticdoctorsinternational.com/>

www.facebook.com/AutisticDoctors

A large organisation of 700+ autistic doctors working in support, advocacy, research and education.

Autistic fatigue and burnout resources

<https://www.autism.org.uk/advice-and-guidance/topics/mental-health/autistic-fatigue>

Video showing what it's like when an autistic person is overloaded with information

https://youtu.be/9bC5Daif__8

Video with examples of helpful adjustments made by employers

<https://youtu.be/bcMMW8Yjod8>

NICE: Guidance

<https://www.nice.org.uk/guidance/cg142>

Thriving Autistic

<https://www.thrivingautistic.org/workplace/>

<https://www.thrivingautistic.org/workplace-resources/>

<https://www.thrivingautistic.org/healthcare/>

A volunteer-led, not-for-profit organisation that is committed to empowering and promoting the well-being and human rights of autistics and other neurodivergent people.

Changes in the Concept of Autism - Francesca Happé CBE - YouTube

<https://www.youtube.com/watch?v=YnU01HBN6zg>

Discovering your autism later in life - a personal experience from Lauren Ober - US podcaster

<https://www.kcrw.com/culture/shows/life-examined/autism-diagnosis-neurodivergence-mental-disorders9-29-24/lauren-ober-the-loudest-girl-in-the-world-autism>

Dyslexia

British Dyslexia Association (BDA)

<https://www.bdadyslexia.org.uk/>

A membership organisation working to achieve a dyslexia-friendly society for all

The National Council for Special Education (NCSE)

<https://www.sess.ie/dyslexia-section/dyslexia-workplace>

A council set up to improve the delivery of education services to persons with special educational needs arising from disabilities

The Dyslexia Association

<https://www.dyslexia.uk.net/employers/>

<https://www.dyslexia.uk.net/employers/tda-in-the-workplace/workplace-needs-assessment/>

An organisation providing [support](#) and [services](#) for dyslexic children and adults of all ages, their parents/families, educators, employers and the wider community.

Made By Dyslexia

<https://www.madebydyslexia.org/assets/downloads/EY-the-value-of-dyslexia.pdf>

<https://www.madebydyslexia.org/>

<https://www.madebydyslexia.org/wp-content/uploads/2021/08/Join-The-Dots-Workplace-Guide-1.pdf>

Made by Dyslexia is a global charity led by successful dyslexic individuals.

Dyslexia Foundation

<https://www.dyslexia-help.org/>

<https://www.dyslexia-help.org/dyslexia-support-agency/dyslexia-support-agency-study-skills-support-agency>

An organisation working with individuals, groups and large statutory and vocational organisations from the public, private and voluntary sectors offering innovative solutions to adults with Dyslexia.

Dyscalculia

The Dyscalculia Association

<http://www.dyscalculiaassociation.uk/>

The Dyscalculia Association was established to promote understanding of dyscalculia and maths learning difficulties.

The Dyscalculia Centre

<https://www.dyscalculia.me.uk/>

A centre providing a range of information on dyscalculia

Dyspraxia

Dyspraxia Foundation

<https://dyspraxiafoundation.org.uk/>

An organisation supporting individuals and families.

<https://link.springer.com/article/10.1007/s10459-021-10029-y>

The Experience of foundation doctors with dyspraxia: a phenomenological study

Personal Experiences of Neurodivergent Trainees

Autism

<https://www.rcplondon.ac.uk/news/doctor-can-autistic-doctor>

<https://www.bbc.com/news/uk-scotland-65353084?fbclid=IwAR097uAzgttT0CuUdatr3erXG2Gy-YgZHJWpSCvC6f4U7GCunKIV5EsbTEA>

<https://www.imt.ie/features-opinion/autistic-doctors-are-finally-finding-their-voice-07-04-2022/>

ADHD

<https://www.bma.org.uk/news-and-opinion/becoming-a-doctor-with-adhd>

<https://www.rcgp.org.uk/Blog/ADHD>

<https://insightplus.mja.com.au/2023/6/whats-it-like-to-be-a-neurodivergent-doctor/>

Dyslexia

<https://www.bma.org.uk/news-and-opinion/ive-been-told-you-cant-be-a-doctor-and-have-dyslexia>

<https://publishing.rcseng.ac.uk/doi/full/10.1308/rcsbull.2020.72>

Dyspraxia

<https://www.rcplondon.ac.uk/news/doctor-can-dyspraxic-doctor>

<https://www.bma.org.uk/news-and-opinion/how-can-you-be-a-doctor-with-your-disability>

Document(s):

 [marydoherty_thetimes_sep24.pdf](#)

 [shaw-et-al-2023-barriers-to-healthcare-and-a-triple-empathy-problem-may-lead-to-adverse-outcomes-for-autistic-adults-a.pdf](#)