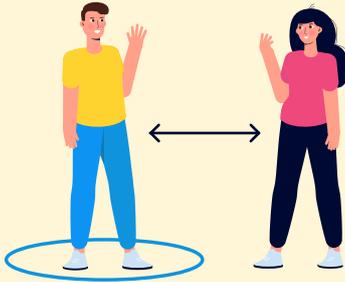


Understanding Neurodiversity

Neurodiversity refers to the natural variation in neurological functioning present in the human population. This includes conditions such as autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), dyslexia, and others. Neurodiverse individuals may have unique strengths, challenges, and ways of experiencing the world.

Etiquettes for Interacting with Neurodiverse Individuals



Respect Personal Space

Neurodiverse individuals may have sensory sensitivities. Any sudden or intrusive physical contact must be avoided, unless invited.



Be Patient and Understanding

Neurodiverse individuals may process information differently or require more time to respond. Do not rush into interactions or get frustrated if the communication takes longer than expected.



Use Clear Communication

Speak clearly and directly, using simple and concise language. Using sarcasm, ambiguous language, or metaphors may be confusing.



Be Mindful of Sensory Overload

Be aware of the environmental factors such as noise, bright lights, and crowded spaces that may trigger sensory overload. Offering support and accommodations, such as finding a quieter area, will help them.



Respect Individual Preferences

Respect the preferences and routines of neurodiverse individuals, avoid imposing your own expectations or judgments.



Offer Assistance Appropriately

If you notice someone struggling, offer assistance in a respectful and non-intrusive manner. Always ask before providing help and respect their decision if they decline.



Avoid Making Assumptions

Recognize that neurodiversity is not always visible, and avoid making assumptions based on appearance or behaviour. They deserve to be treated respectfully regardless of their neurodiversity.



Promote Inclusion and Acceptance

Foster an inclusive environment by promoting acceptance and understanding of neurodiversity. Encourage others to be respectful and supportive of individuals with diverse needs.



Tata Power's Neurodiversity
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