

Common ways that Neurodivergent People experience Ableism from others...

Having sensory processing differences dismissed

Being expected to tolerate uncomfortable + distressing situations

Having accommodations denied or removed because they are deemed unnecessary

Having personal experiences invalidated and diminished

Being expected to demonstrate neurotypical skills + traits

Being trained to have the 'right' behaviour, while having needs ignored

Lack of empathy, curiosity and open-mindedness when it comes to neurodivergency

