Who are we?

How much are we juggling?



14 Neurodivergent



4 Physical Impairment



2 Carer



6 Hostile Environment (work, neighbours, family)



5 Sensory Impairment



7 Long-term Health condition



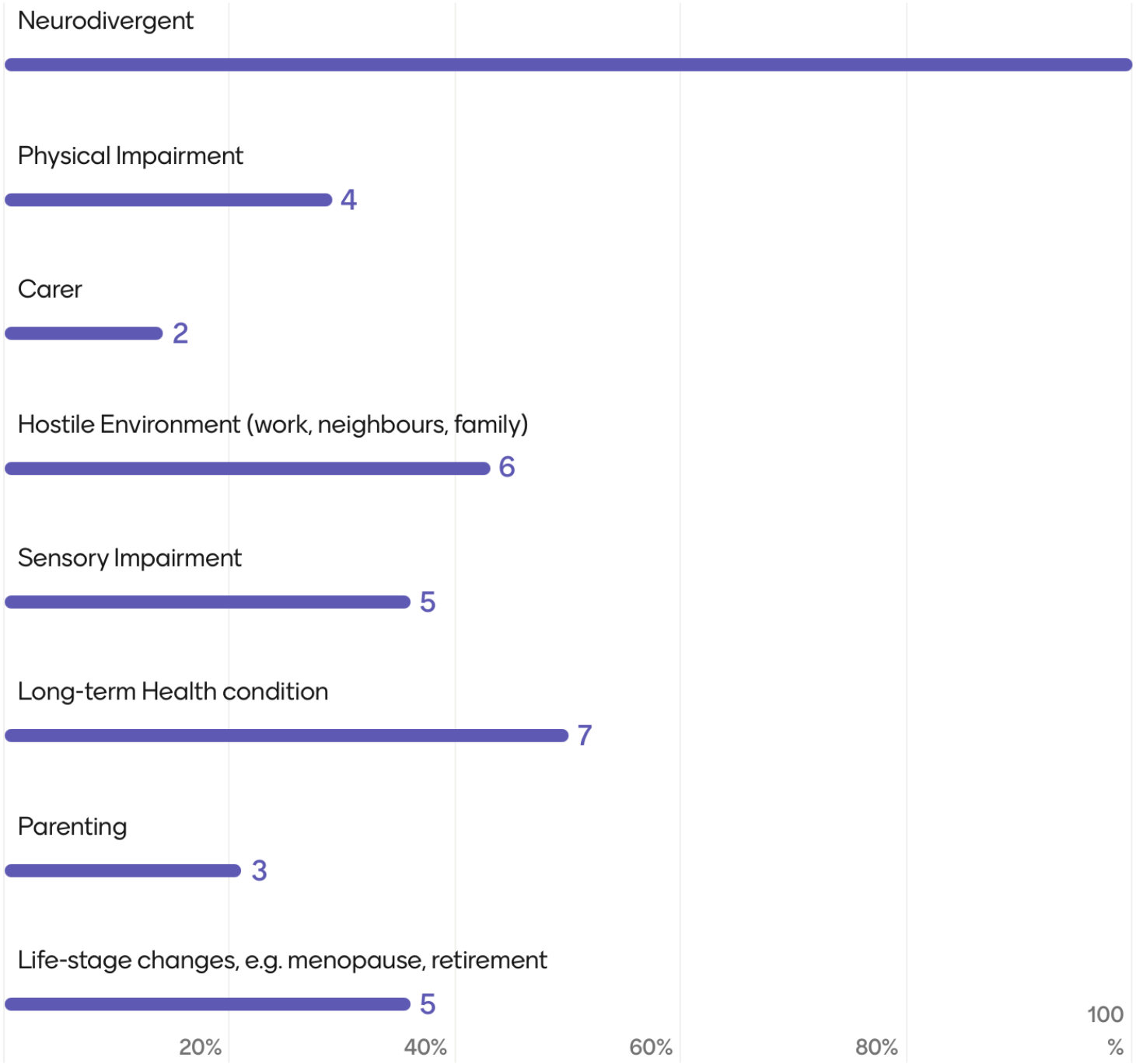
3 Parenting



5 Life-stage changes, e.g. menopause, retirement

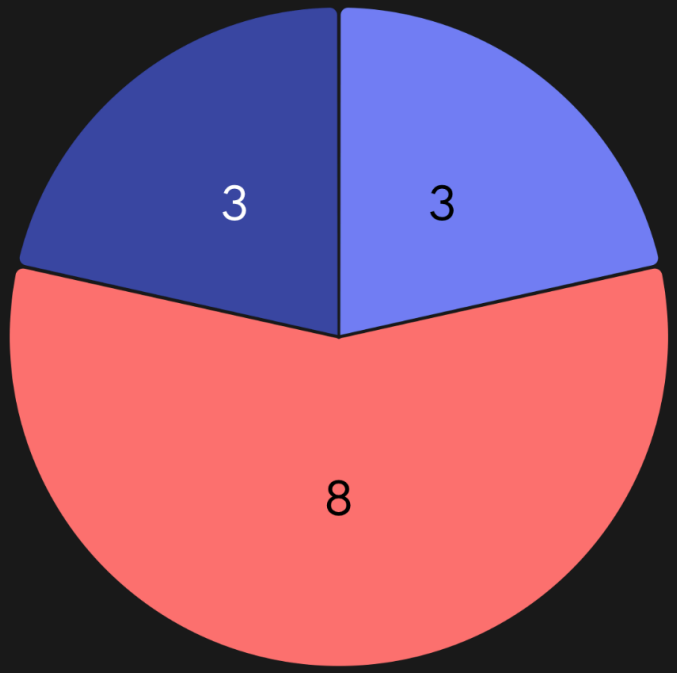
How much are we juggling?

14 / 14



Who are we?

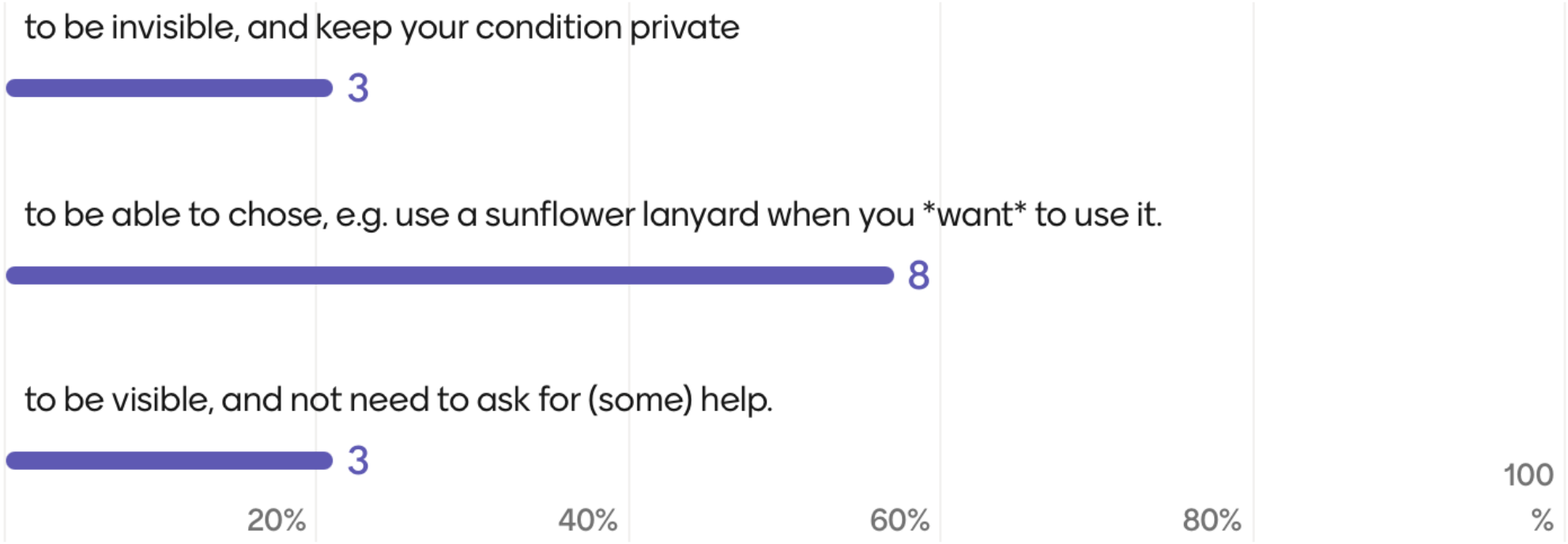
Imagine there was a choice, would you prefer:



3	to be invisible, and keep your condition private
8	to be able to chose, e.g. use a sunflower lanyard when you *want* to use it.
3	to be visible, and not need to ask for (some) help.

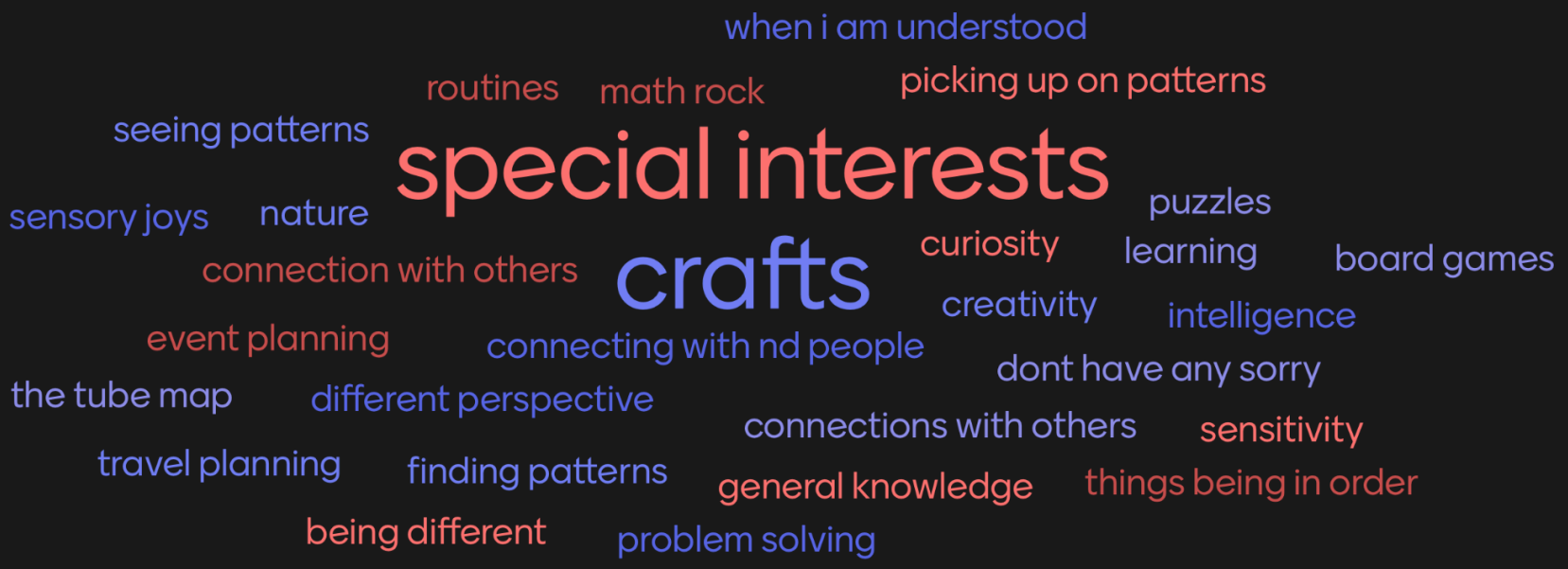
Imagine there was a choice, would you prefer:

14 / 14



Neurodivergence

What are our ND joys?



What are our ND joys?

12 / 14 31

Most popular

crafts 2

special interests 2

Also prominent

being different 1

board games 1

connecting with nd people 1

connection with others 1

connections with others 1

creativity 1

curiosity 1

different perspective 1

dont have any sorry 1

event planning 1

finding patterns 1

general knowledge 1

intelligence 1

learning 1

math rock 1

nature 1

picking up on patterns 1

problem solving 1

puzzles 1

routines 1

seeing patterns 1

sensitivity 1

sensory joys 1

the tube map 1

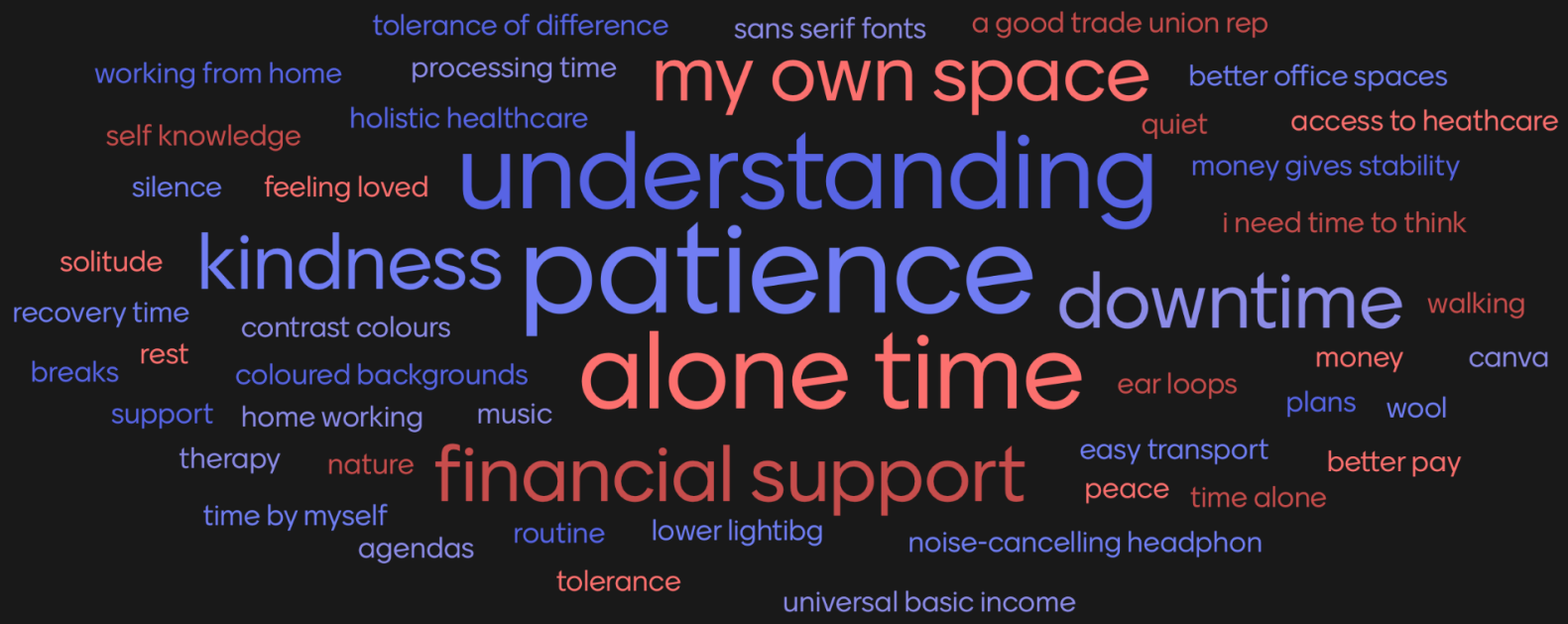
things being in order 1

travel planning 1

when i am understood 1

Neurodivergence

What do we need to survive?



What do we need to survive?

13 / 14 60

Most popular

patience 4

Also prominent

alone time 3 | understanding 3 | downtime 2

financial support 2 | kindness 2 | my own space 2

Other responses

a good trade union rep 1 | access to heathcare 1 | agendas 1

better office spaces 1 | better pay 1 | breaks 1 | canva 1

coloured backgrounds 1 | contrast colours 1 | ear loops 1

easy transport 1 | feeling loved 1 | holistic healthcare 1

home working 1 | i need time to think 1 | lower lightibg 1 | money 1

money gives stability 1 | music 1 | nature 1

noise-cancelling headphon 1 | peace 1 | plans 1 | processing time 1

quiet 1 | recovery time 1 | rest 1 | routine 1 | sans serif fonts 1

self knowledge 1 | silence 1 | solitude 1 | support 1 | therapy 1

time alone 1 | time by myself 1 | tolerance 1 | tolerance of difference 1

universal basic income 1 | walking 1 | wool 1 | working from home 1

Where does ND survival clash with other conditions?

11 / 14 | 19

All groups | Social Demands | Sensory Challenges | Mental Health | Physical Health | Routine Disruptions | Uncategorized

Social Demands

3 responses

- Having a sociable job but requiring alone time — 6
- Advocating for yourself. You need to speak up to meet some needs when you may actually need quiet and alone time — 4
- Conflict between what's needed for one condition and another — 3

Sensory Challenges

4 responses

- My autism and ADHD sometimes clash between themselves on top of other clashes — 5
- Parenting and sensory overload — 2
- The low light, I have poor eye sight. — 2
- Managing physical symptoms overwhelms my SPD sensory needs — 1

Mental Health

2 responses

- Mental Health issues. — 5
- Emotional wellbeing — 4

Physical Health

3 responses

- Physical health - constant demands to explain myself — 5
- Physical health - speaking with doctors — 2
- Physical health

Routine Disruptions

1 response

- I need routines but flare ups disrupt my routines — 4

Uncategorized

6 responses

- Social battery — 3
- Time and social interactions — 2
- Complicated medical needs that doctors don't understand — 2
- ND clashes with need to avoid mental illness — 1
- Physical health
- Well-being