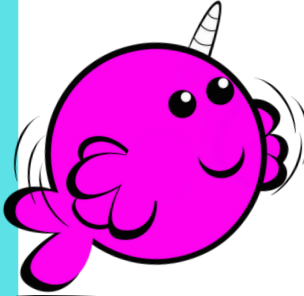


Ask a Neurodivergent Narwhal!



What is autism?

Autism is a dynamic, developmental disability that affects movement, communication, and sensory processing. Autistic people are as diverse as any other group of humans, with individual strengths & weaknesses, but we all experience the world in distinctly autistic ways!

What is neurodiversity?

Neurodiversity is the diversity of our brains. It's pretty simple. All kinds of brains exist and that is a fact!

Neurodiversity Is for Everyone!

The social model of disability says that disability is socially constructed. We are not disabled by who we are, but by a society that lacks accessibility and is designed to exclude us.

What is the social model of disability?

Learn more at:
NEURODIVERSITYLIBRARY.ORG
Home of the Neurodivergent Narwhals!®

Disability justice is a framework that centers the voices and leadership of multiply marginalized disabled people. It emphasizes cross disability solidarity, intersectionality, sustainability, collective access and liberation, interdependence and anti-capitalism. *

What is disability justice?

Functioning labels are inherently dehumanizing. They are also inaccurate! We all deserve respect no matter how we communicate & no matter what other people think we are capable of. Labeling someone as "low functioning" presumes incompetence and denies agency. Labeling someone as "high functioning" minimizes our very real needs & disabilities.

What's wrong with functioning labels?

AAC stands for Alternative & Augmentative Communication. AAC can be high tech like using an iPad & speech app, or low-tech like using a letter board. Many people benefit from AAC, even if they are not non-speaking all of the time. There are as many ways to communicate as there are to be human!

What is AAC?



Many autistic people prefer identity first language because we feel that we cannot separate autism from who we are. It's a declaration of empowerment & pride in our identities!

Why do you say "autistic" instead of "person with autism"?

What is Autistic Culture?



Autistic Culture is all around us! It's the way autistic people move, communicate, experience, and understand the world in uniquely autistic ways. Our community, the autistic community, is diverse & amazing!

The Neurodiversity Paradigm is a way of thinking about neurodiversity. It tells us that neurodivergence is normal & natural and there is no one right kind of brain. It is the opposite of the Pathology Paradigm.

What is the Neurodiversity Paradigm?

Is autism an epidemic?

Autistic people have always been here. Just because the word "autism" wasn't around, doesn't mean that autistic people didn't exist. What has grown is our understanding of the wonderful diversity of our minds and brains. Neurodiversity!