

Neurotypes



Neurology

The way a brain operates/is wired to interpret the world. All people are born with a specific neurology/neurotype. Many neurotypes stim, because it is one way a body regulates (or manages) sensations and emotions.



Neurotypical (NT)

The neurotype of people who aren't autistic.



Neurodivergent (ND)

The neurotype of people who aren't neurotypical. It's often used for autistic people, but others, who aren't autistic, can also be neurodivergent. Fewer people are neurodiverse than neurotypical. Allistic: a person who is not autistic. Allistic people can be neurodiverse, like a person with ADHD or dyslexia.



Autism

A neurotype that affects the way people sense the world, think, communicate, and move. Autism is based on a spectrum that presents differently in different people. The autism spectrum affects various parts of the brain like motor skills, language, senses, and executive function. Someone who is neurodiverse in one area of the brain may be no different than a neurotypical person in another area of the brain. A person cannot be "more" or "less" autistic than another, but some people need more support based on his/her unique needs.

Many people prefer the term "autistic" instead of "having autism" or "person with autism". This is because it describes one's neurology, which affects every part of life versus using language that makes it sound like an accessory. The best thing you can do is ask the individual what they prefer.

The infinity symbol is the preferred symbol of most autistic people. Rainbow colors are also often used to depict the autism spectrum. Find out more on Facebook and Instagram @sensationalstims.