

AUsome Training

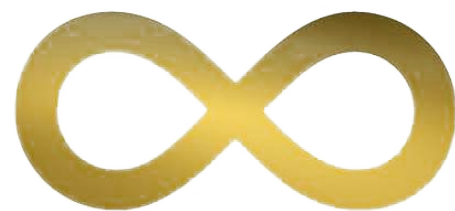
Autistic & ADHD

(when worlds collide)

presented by

MAQQI

08 August 2022 – 19:00-21:30



infinite diversity



About AUsome Training

- Autistic-led
- Pro-Autistic and Pro-Neurodiversity
- Challenging Assumptions with inside knowledge
- Challenging the negative narrative and deficit model
- Dedicated to changing lives



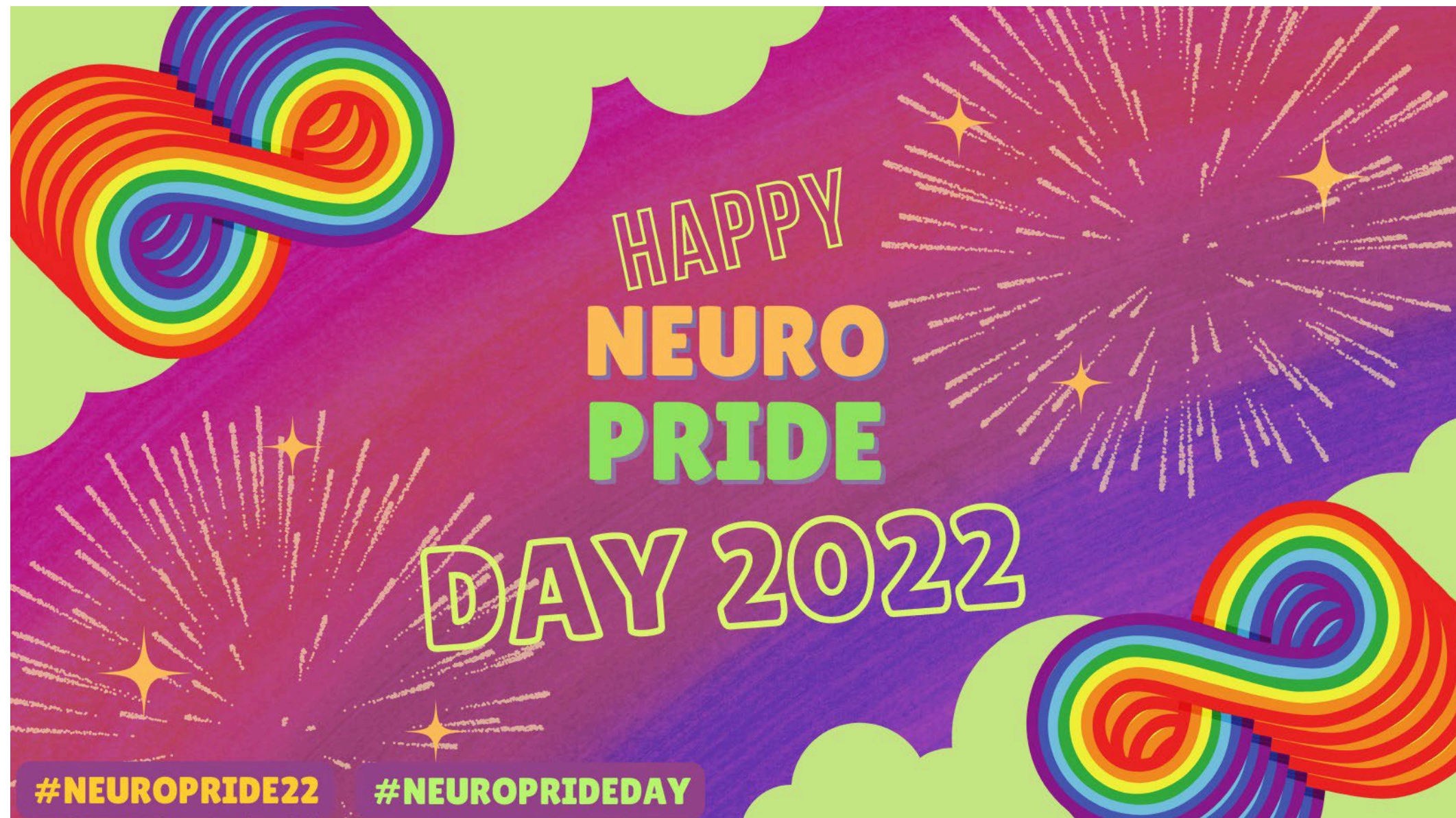
The house-keeping bits

- What 'Autistic' and 'ADHD' *might* mean
- How they interact and what that can look like
- There will be space for your ideas and questions
- Break around 8pm, end around 9:30pm
- Slides, recording and your certificate

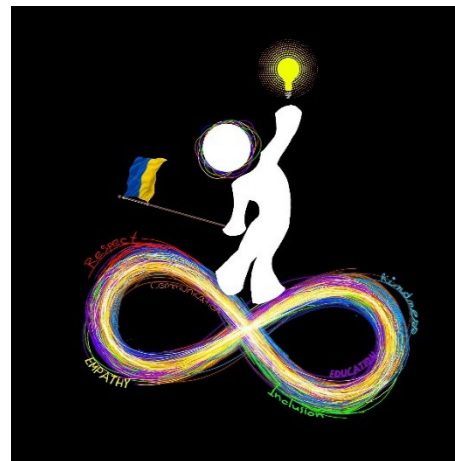
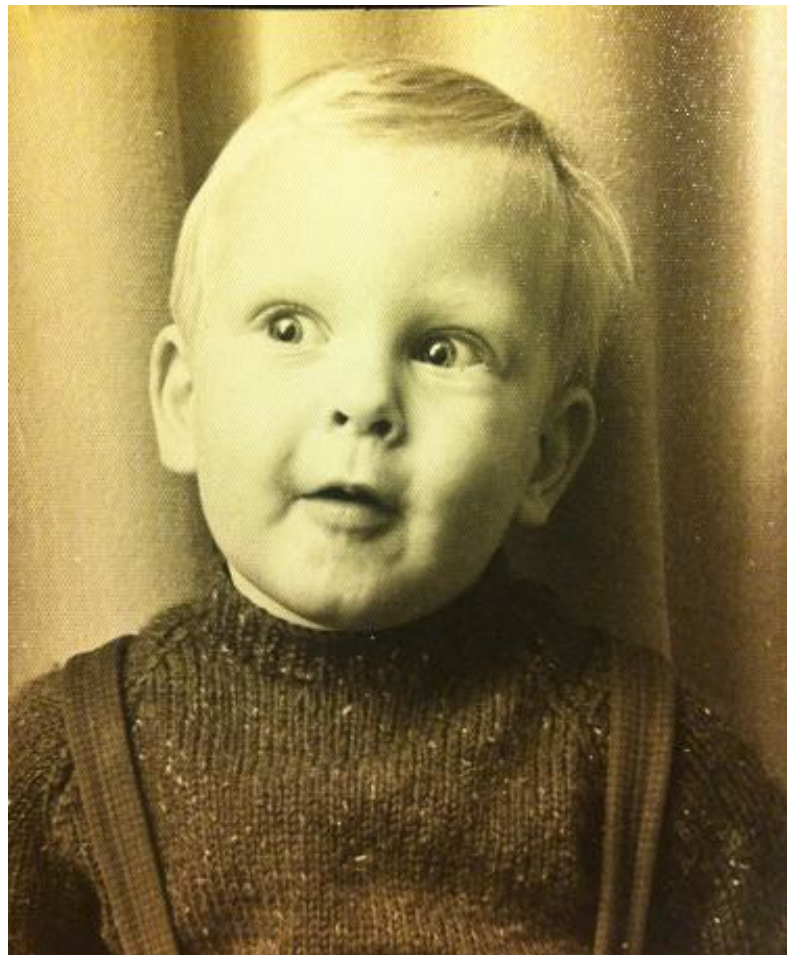


Reminder...

It's 8/8 so... Happy Neuro Pride 2022!



About MAQQI



Autistic Union

FB: AutisticUnion



infinite diversity

FB: Infinite-Diversity-Autistic-Insights
WWW: infinite diversity.home.blog

<- so adorable!



Is this what 'Autistic' means?

Persistent deficits in all these...

Social-emotional reciprocity

Non-verbal communicative behaviors

**Deficits in developing, maintaining,
and understanding relationships**



Is this what 'Autistic' means?

AND at least two of these...

Repetitive motor movements

Insistence on sameness

Highly restricted, fixated interests

Hyper- or hyporeactivity to sensory input



And, is this what 'ADHD' means?

At least half of these (Inattention)...

Lack of attention to detail

Low attention span

Appears to not listen

Failure to finish tasks

Difficulty organising tasks

Avoids longer/ complex tasks

Loses items they need

Easily distracted

Forgetful



And, is this what 'ADHD' means?

AND two-thirds of these (Hyperactivity & Impulsivity)...

Fidgets and squirms

Leaves seat at inappropriate times

Is active in inappropriate times

Unable to carry out activities quietly

Constantly 'on the go'

Talks excessively

Blurts answers to questions

Struggles with turn-taking

Interrupts or intrudes



That was...

A LOT of detail!

These are from DSM-5 (2013)

They are problematic in several ways but are they wrong?

What are the aspects of being Autistic or ADHD that are actually significant in peoples' lives?



Let's mix these up...

Some (more realistic) general areas –

Sensory sensitivity/ acuity

Emotionality

Impulsivity

Focus & distractability

Attention to detail

Memorisation

Externalisation of the internal

Internalisation of the external



Let's mix these up...

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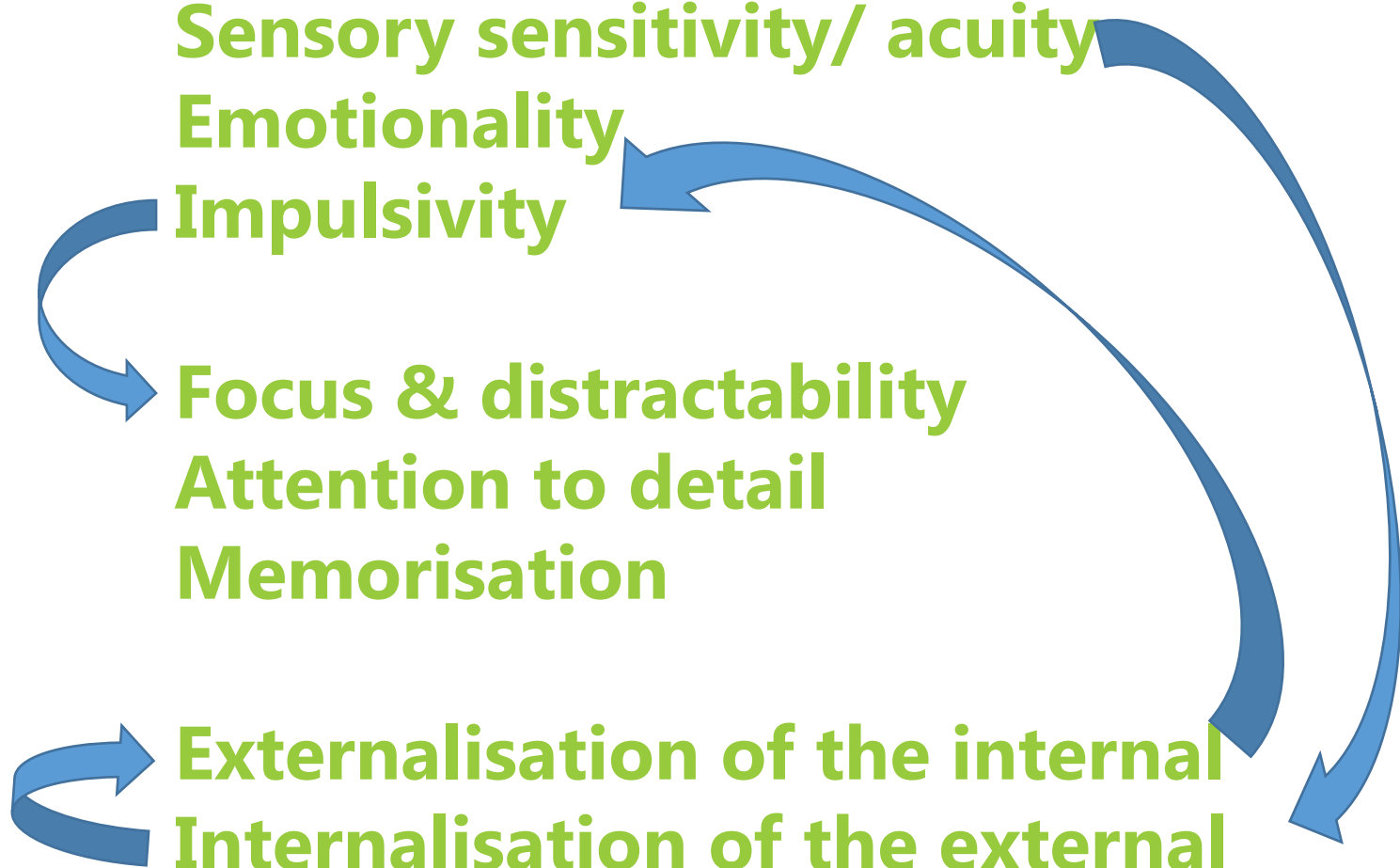
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So, it looks like these are all quite connected

What maybe differs is partly individual strategies

Or perhaps personality differences?

**Or differences in the balance of senses, emotion,
cognition and motor control?**

Or just the mix of lived experiences?

Or perhaps all these



Let's mix these up...

Is there, then, some sort of 'AuDHD Spectrum'?

Or perhaps... maybe... possibly... what if...

These are just a heap of very human traits

...and 'Autistic' and 'ADHD' aren't really distinct from each other or from other humans?

Are we just looking at noticeably different expressions of ordinary humanness?



Let's mix these up...

Is this going too far?

Have we 'thrown the baby out with the bathwater'?

Playing devil's advocate is fun, but...

we do need it to make actual sense

we need this to feel 'right'

and match peoples' lived experiences

So...

let's take a break and come at this again

in part two... with a different approach



Break time!



Let's get real here...

Okay, we've played around with lots of possibilities but what matters is your lived experiences

Some common observations...

AuDHDers tend to flip from Autistic to ADHD traits depending on the situation, tiredness, stress, etc

ADHDers *DO* hyperfocus when the panic sets in

Autistic people actually *are* distractable due to more alert/ sensitive senses



Let's get real here...

Elephant in the room time...

Anxiety, especially social anxiety - same or different?

What about RSD and PDA?

And feelings of shame or rejection or embarrassment?

How about self-medication?



Let's get real here...

Some suggestions...

A lot of what characterises many Neurodivergent people is normal responses to shaming, exclusion or rejection

Some of the commonalities between Autistics and ADHD are also just differences in coping strategies

And these arise from a mix of personal traits like dopamine thresholds, sensory differences, motor skills, short-term memory capacity, etc



Let's get real here...

Big question...

Apart from things like specific use of medication

Does it really matter much whether a person is tagged 'Autistic' or 'Dyspraxic' or 'ADHD' or whatever?

Do we, as individuals, do far better when the focus is on celebrating and supporting actual individual capabilities while supporting individual limitations?



Thoughts and questions

Hopefully this has been a bit of an adventure
and stimulated fresh ideas for you

This has been a deliberately non-prescriptive session
because the AuDHD crossover is infinitely variable

So to finish up, I'd like to focus on *your* thoughts and
conclusions... or confusions!

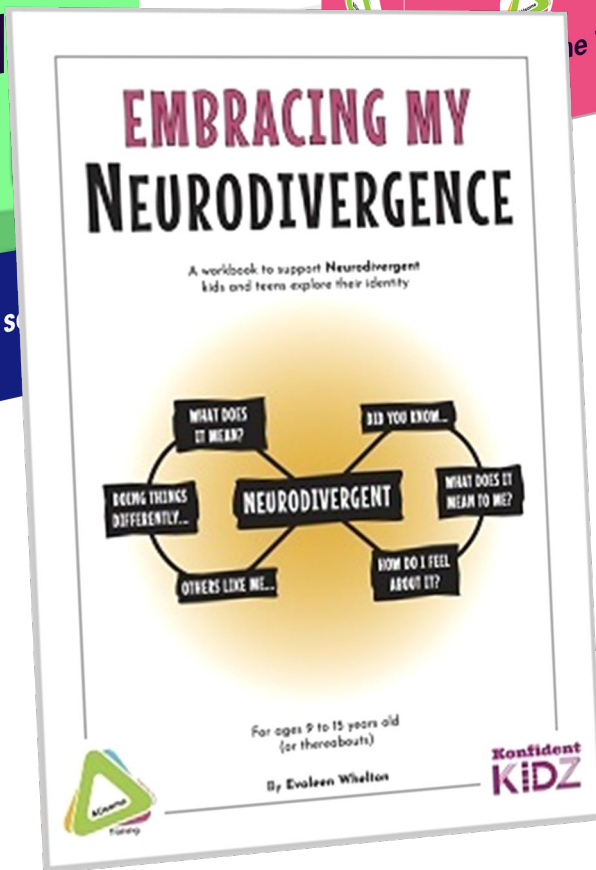
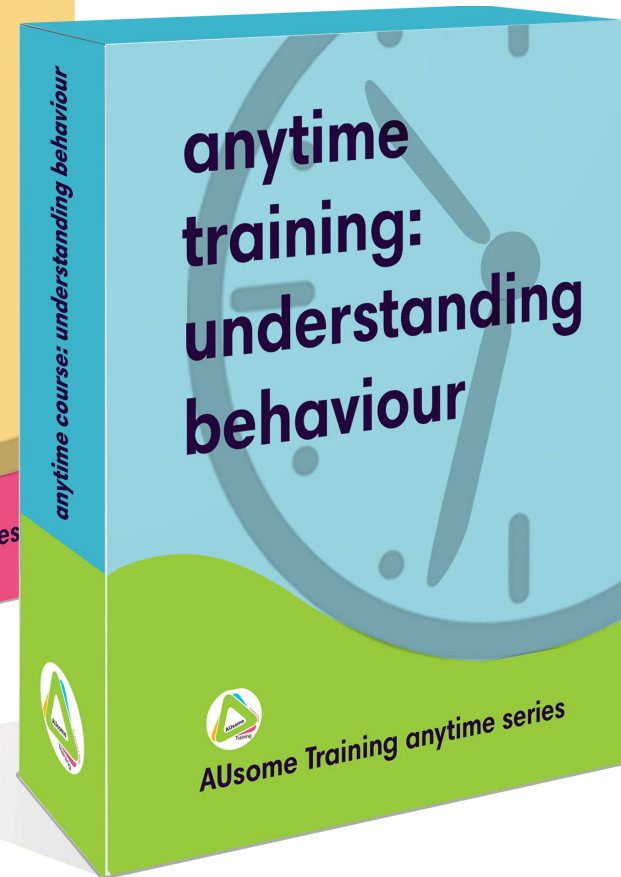
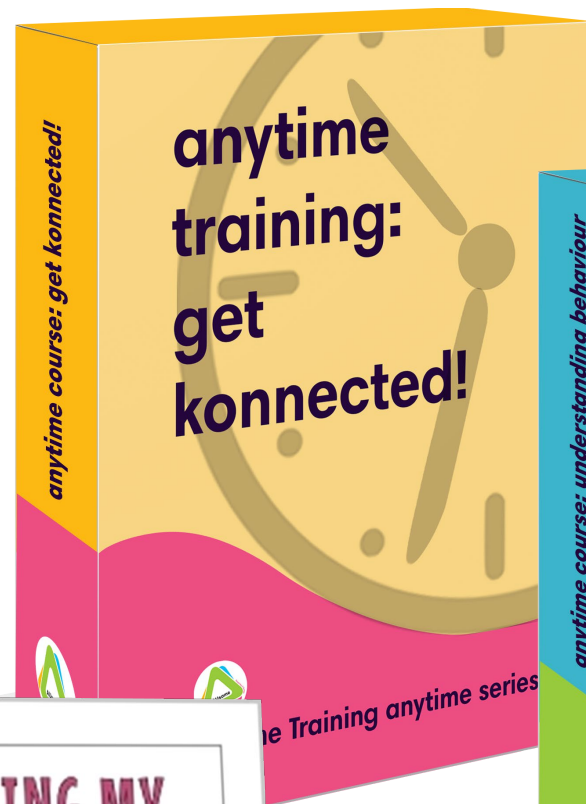


Thanks for listening (and sharing!)

Autistic and ADHD:

when worlds collide!





www.ausometraining.com