

Resources for supporting Neurodiversity & Eating Disorders

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Introduction to Neurodiversity:

Neurodiversity Terms to Know

Neurodiversity

Neurodiversity refers to the natural diversity of human minds. It is a biological fact that we are diverse in our minds just like we are diverse in our ethnicity, gender, sexuality, etc.

Neurodiversity acknowledges the whole spectrum of neurodiversity from neurodivergent individuals to neurotypical individuals.

created by Judy Singer

Neurodivergent

Neurodivergent is an umbrella term for individuals who have a mind or brain that diverges from what is typical. It can be acquired or genetic, an innate part of you or not.

Neurodivergence just means having a mind that functions differently to what is considered the norm including learning, processing, interpreting, feeling, etc.

created by Kassiane Asasumasu

Neurotypical

Neurotypical refers to having a mind or functioning that falls within the society standards of what is deemed "typical", "common" or "normal".

Neurotypical is the opposite of neurodivergent, someone who diverges, and it is not a negative word at all but a neutral word.

www.livedexperienceeducator.com

Neurodiverse

Neurodiverse is a term to describe a group of individuals who represent the spectrum of neurodiversity which includes neurotypical and neurodivergent individuals.

Remember, an individual cannot be neurodiverse. Individuals who aren't neurotypical would be neurodivergent.

@livedexperienceeducator

Image by [Sonny Jane Wise](#)

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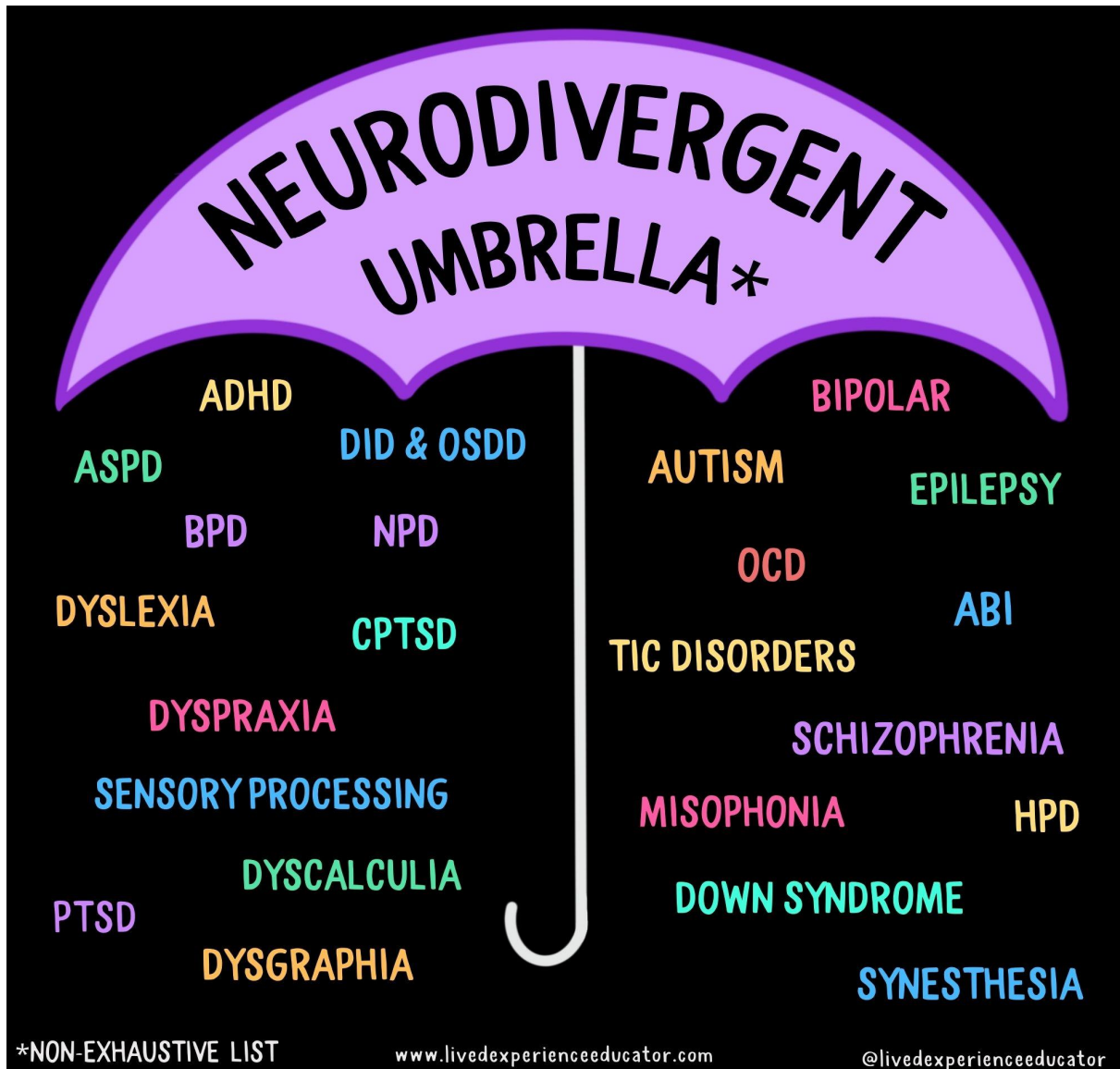


Image by [Sonny Jane Wise](#)

For Professionals and Clients:**Helpful Websites**

Company / Website	Overview & Link
National Autistic Society	Autism and gender identity/gender dysphoria information and support
Autism Spectrum Australia	What is Autism?
Amaze	Resources to support autistic individuals and their families
Autistic Self Advocacy Network (ASAN)	Website with resources, projects, and additional support
Lived Experience Educator - Sonny Jane	Public speaker, advocate, author and content creator
Sam Dylan Finch	Writer, editor, content strategist writing on topics related to being queer, ADHD and ED based in Seattle, WA
ADHD Australia	Non-profit national organisation
ADHD Foundation	Non-profit organisation (charity)
Eating Disorders Neurodiversity Australia	Non-profit organisation

Videos

Title & Link	Time
On Being Weird (TEDx Camilla Pang)	16 mins
Demisexuality & being autistic: Is there a link?	10 mins
Autism & food issues: My Experience	23 mins
Autism life hacks - 10 things you should try	11 mins
Welcome To The Autistic Community	6 mins
How to Tell Your Family You're Autistic	20 mins

Sensory Overload	
Ask An Autistic: Sensory Overload / Over Stimulation and How I Deal With it	10 mins
Austim Sensory Overload: What You NEED to Know	15 mins
Autism in Females	
Autism in Women and Girls (Autism Awareness Australia)	5 mins
Autism in Girls: Diagnosis (5 Things You Need to Know)	20 mins
Diagnosed with Autism at aged 33	19 mins
Autism and Eating Disorders	
The Overlap Between Autism, Transness, And EDs	9 mins
Being Diagnosed With Autism, ADHD and EDs	11 mins
Pros of Being Autistic	
5 Reasons Why I Love Being Autistic	7 mins
My Favourite Autistic Characters (autistic headcanon)	9 mins
The Pros and Cons of Being Autistic	12 mins
ADHD and Eating Disorders	
ADHD, Eating Disorders, and Body Image Disorders: What Parents Need to Know	1 hour
ADHD and Binge Eating: Quick Tips on Managing it	15 mins
The Reality of ADHD and Eating Disorders	11 mins

Articles

Title	Link
Autism	
I was 35 when I discovered I'm on the autism spectrum. Here's how it changed my life.	Vox
Why I fake being 'normal' - and other women with autism do, too	Healthline

When I thought of Autism, I never thought of someone like me	Kalina Jones
An introduction to Neuroqueer	Nick Walker
Digestive Issues	
Stress, not diet, likely source of GI problems in children with autism	Healio
Autism and ED's	
Autism, Eating Disorders and Me	Butterfly
Eating disorder and Autism	ED Victoria
The invisible link between autism and anorexia	Spectrum
High rates of autistic symptoms found in patients with eating disorders	Psychiatric Times
Anorexia's link to autism, explained	Spectrum
ADHD	
ADHD in Women: Surprising differences, big impacts	Psycom
ADHD and ED's	
ADHD and eating disorders	Daffodil Health
Brain reward response linked to binge eating and ADHD	CHADD

Books

Title	Link
The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism	Amazon
Explaining Humans - Dr Camilla Pang (AuDHD)	Amazon
Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD	Amazon
Late Bloomer: How an Autism Diagnosis Changed My Life	Amazon
Scattered Minds: The Origins and Healing of Attention Deficit Disorder	Amazon

Online Courses

Title:	Creator:
ADHD: Eating With Ease	Becca Kerber (RD)

Social Media

Name	Instagram	Twitter	Facebook
The Autistic Life	@theautisticlife	-	Neurodivergent Rebel
Lyric Rivera	@neurodivergentrebel	@neurorebel	-
Camilla Pang	@dr.camillapang		
Tiffany L Hammond	@fidgets.and.fries	-	Fidgets and Fries
Autism Speaks	@autismspeaks	@autismspeaks	Autism Speaks
Autie Angel	@autie_angel	@autieangel	Autie Angel
Johanna	@autistic.feminist_	-	-
Dani	@myneurotype	-	-
Sonny Jane	@livedexperienceeducator	-	-
Gee	@geeonthespectrum	-	-
Dr Sam Hiew	@adhd_girls	@adhd_girls	-
(un)masked	@weareunmasked	-	-
Ellie Midds	@elliemidds	@elliemidds	-
Jess West	@theaudhdgurlie	-	-
Eating Disorders Neurodiversity Australia	@edneuroaus	@EDNeuroAus	Eating Disorders Neurodiversity Australia
Lou	@neurodivergent_lou	@neuro_lou	Neurodivergent Lou

Becca Kerber	@adhd.intuitivelyeating	-	-
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Autism Screening Assessments (not to be used as formal diagnoses)

Name	Link
The Cat-Q	Embrace Autism
The Raads-R	Aspie Tests
The RDOS Aspie Quiz	Aspie Quiz

ADHD Screening Assessments (not to be used as formal diagnoses)

Name	Link
CHADD (information)	Diagnosis of ADHD in Adults
ADDitude	ADHD Test

For Professionals

Overview & Link	Notes
Websites	
EDRDPro: Nutrition Care for Adults with ADHD and Disordered Eating	Requires EDRDPro membership
Books	
Autism and Eating Disorders in Teens	For parents and professionals
Guides	
Provider's Guide to Managing Pica in Children with Autism	
Eating Disorders and Neurodivergence: A Stepped Care Approach	
Videos	
Diagnosing and Treating Eating Disorders	By ADDitude -

alongside ADHD	1 hour
Literature	
Autistic traits in individuals self-defining as transgender or nonbinary (Steven Stagg, Jaime Vincent)	Published 2019
"I Don't Feel Like a Gender, I Feel Like Myself": Autistic Individuals Raised as Girls Exploring Gender Identity (Marianthi Kourti, Andrea MacLeod)	Published 2019
Gender Copia: Feminist Rhetorical Perspectives on an Autistic Concept of Sex/Gender (Jordynn Jack)	Published 2012
Gender Identity in Autism: Sex Differences in Social Affiliation with Gender Groups (Kate Cooper, Laura G E Smith, Ailsa J Russell)	Published 2018
Gender Dysphoria and Autism Spectrum Disorder (Systematic Review)	Published 2016
Traits of Autism Spectrum Disorders in Adults with Gender Dysphoria (Vickie Pasterski, Liam Gilligan, Richard Curtis)	Published 2014
Increased Gender Variance in Autism Spectrum Disorders and ADHD (John F Strang et al.)	Published 2014
"They Thought It Was An Obsession": Trajectories and Perspectives of Autistic Transgender and Gender-Diverse Adolescents (John F. Strang et al.)	Published 2018
Overlap Between Eating, Autism Spectrum, and Attention-Deficit/Hyperactivity Disorder (Systematic Review)	Published 2019
Gastrointestinal Issues and Autism Spectrum Disorder	Published 2021

The Comorbidity of ADHD and Eating Disorders in a Nationally Representative Sample (Jennifer R. Bleck, Rita D. DeBate, Roberto Olivardia)	Published 2014
Attention-deficit/hyperactivity disorder and eating disorders across the lifespan (Systematic Review)	Published 2016
Symptoms of Attention Deficit Hyperactivity Disorder (ADHD) Among Adult ED Patients (Nils Erik Svedlund et al.)	Published 2017
Gender-Affirmative Eating Disorder Care: Clinical Considerations for Transgender and Gender Expansive Children and Youth (Ben Geilhufe et al.)	Published 2021

Other Neurodivergent Resources

Co-occurring Health Conditions

Type	Overview & Link	Notes
Article	Co-Occurring Physical Health Challenges in Neurodivergent Children & Young People	
Article	Co-Occurring Conditions with Eating Disorders	
Article	Should I Be Screened for Sleep, Eating, or other Disorders that Commonly Co-Occur with ADHD?	

Neurodiversity Affirming List of Resources

Lived Experience Instagram Accounts

@jeremyandrewdavis	@autienelle	@_kristyforbes
@neurowild_	@neurodivergentrebel	@high.functioning.autism
@hayley.honeyman	@myautisticsoul	@motherhoodphasing
@dannyywithwords	@neurodivergent_lou	@fidgets.and.fries
@breakwithshaiden	@nd.narratives	@neuro_divers
@adhd_love_	@neurodivergent_insights	@neuroclastic
@thefriendineverwanted	@autistictyping	@autisticblackgirl

Neurodiversity Affirming Professionals

@sensory_therapist	@autie.analyst*	@mrsspeechiep
@drawntoaac	@sensory.slp	@theexpertally
@speechdude	@neurodiversity_ot	@thedeaf.autisticot*
@onwardsandupwardspsych*	@speechologist	@sensory.slp
@learnplaythrive	@play.learn.chat	@sensory_therapist*
@play_spark	@rds_for_neurodiversity*	@bohospeechie
@bearly_articulating*	@the.aac.coach	@maisiesoetantyo

Book Recommendations

We're Not Broken - Eric Garcia	Different, Not Less - Chloe Hayden
Unmasking Autism - Devon Price	Neuroqueer Heresies - Nick Walker
Laziness Does Not Exist - Devon Price	ADHD: an A to Z - Leanne Maskell
I Will Die On This Hill - Meghan Ashburn	Neurotribes - Steve Silberman
What I Want To Talk About - Pete Wharmby	Divergent Mind - Jenara Nerenberg
The Neurodivergent Friendly Workbook of DBT Skills - Sonny Jane Wise	PDA by PDAers - Sally Cat
Communication Alternatives in Autism - Edlyn Pena	Black, Brilliant & Dyslexic - Marcia BB
	All The Weight Of Our Dreams - Lydia Brown