

Newsletter



What is neurodiversity?

Neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we all think, move, process information and communicate in different ways.

Neurodiversity is about recognising those who think differently.

Some people have a neurodivergent condition which is where the differences in how their brains work are greater than the typical range of differences.

Many people use neurodivergence as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD.

Approximately 15-20% of population has a neurodivergent difference. Many 'challenges' neurodivergent people face are to do with the environment and systems they are placed in, often designed by and for the neurotypical brain.

Many people with one neurodivergent condition may also have another co-occurring neurodivergent condition and diagnosis can be complicated.

Helplines:

Professionals:

If you are a professional in Fife who has concerns about a child who is developing differently and want to think about ways to support the child, please call the Children and Young People's Professional Enquiry Line for advice and support: 01383 674055 on Tuesdays 10am-12pm or Wednesdays 2-4pm.

Parents/carers:

If you are a parent or carer in Fife looking for advice and support, please call the Parent Advice Line: 01592 226699 on Tues 10am-12pm or Weds 2-4pm.

Welcome to the second edition of the newsletter from the Neurodevelopmental Pathway Team in Fife.

This newsletter includes information about Monotropism

Any ideas about content for future editions are welcome
info@theautismnetwork.co.uk

Neurodivergent people often find friends who are also neurodivergent. We tend to 'get' each other and feel comfortable together.



Yenn Purkis

What is Monotropism ?

Autistic people are more likely to be monotropic: This is where energy and resources are focused on fewer interests/tasks/sensory input compared to non-autistic polytropic people.

Monotropism is a thinking style where people tend to focus on one or a small number of interests at any time.

The tendency to tightly focus attention has a number of implications, with it being seen as a state of "tunnel vision".

While monotropism tends to cause people to miss things outside their attention tunnel, within it, their focused attention can lend itself to intense experiences, deep thinking, and more 'flow states' of attention.

However, this form of deep focus makes it harder to change attention, including starting and stopping something as well as perseveration (where a person's attention keeps getting drawn back to the same subject or activity).

Monotropic individuals can have trouble processing multiple things at once, particularly when it comes to multitasking while listening.

For example:

- some students have trouble taking notes in class while listening to a teacher
- difficult to read a person's face and comprehend what they are saying at the same time.

It connects to other theories about what might be happening in the autistic brain such as theory of mind and central coherence.

www.youtube.com/watch?v=4Mht_r9m0Kk&t=90s

Coming soon:

Neurodiversity week: 17-23 March 2025

<https://www.neurodiversityweek.com/introduction>

Autism Awareness day: 2 April 2025

<https://www.un.org/en/observances/autism-day>

Autistic Pride Day: 18 June 2025

https://en.wikipedia.org/wiki/Autistic_Pride_Day



And finally:

How do you respond to the comment. '... **they never had that in my day**' ?

Maybe: "autistic (neurodivergent people) were not diagnosed in 'your day' but they have always been part of society and part of humanity". and: ' autistic people have made many important contributions to society and still do'.jackie@growbiz.co.ukjackie@growbiz.co.uk