



Neurodivergence – What I have learnt

(reflections of a
Children's Guardian)

Sarah Cockburn
Children's Guardian/ Assistant Service Manager



- Women and girls - 80% of women are not diagnosed until they are adults
- Diagnosis and treatment
- Mental health improves with understanding yourself
- High anxiety/masking/rigidity
- Visuals
- AuDHD – 40% of autistic people also have ADHD
- Strengths 5:1
- Genetic connections
- Intersectionality