

# Neurodiversity-Affirming Resources

**Author Note:** The following resources have been selected based on Neurodiversity-Affirming content, adherence to research and best-practise guidelines, and honouring the lived experience of Neurodivergent people.

01



## Adults

Discover books, media, and other resources tailored to Neurodivergent individuals, their families, and healthcare professionals. These titles are aimed at providing a thorough introduction to the Neurodiversity paradigm.

### Books:

**Unmasking Autism** by Devon Price (Autistic Social Psychologist and Professor)

**Neurotribes: The Legacy of Autism and the Future of Neurodiversity** by Steve Silberman

**Driven to Distraction** by Edward Hallowell and John Ratey (written by two ADHD'er psychiatrists)

**The Autism and Neurodiversity Self Advocacy Handbook** by Barb Cook and Yenn Purkis (Autistics)

**Divergent Mind; Thriving in a World That Wasn't Designed By You** by Jenara Nerenberg

**Uniquely Human : A Different Way of Seeing Autism** by Dr Barry Prizant

**Untypical: How The World Isn't Built for Autistic People** by Pete Wharmby

**How to Keep House While Drowning** by KC Davis

**Welcome to the Autistic Community** by Autistic Self-Advocacy Network

### *Biographies*

**Ten Steps to Nanette** by Hannah Gadsby

**Late Bloomer: How an Autism Diagnosis Changed My Life** by Clem Bastow

**My Autistic Awakening** by Rachael Lee Harris

### Websites & other media

**5 Things Everyone Should Understand About Neurodiversity** A recent Psychology Today post that has been widely applauded for this accessible explanation of the movement.

**Why everything you know about Autism is wrong?** TEDTalk by Jac den Houting

**ADDitude magazine**: Easily readable and accessible information about ADHD. Quarterly release with excerpts regularly published for free.



DIVERGENT  
Futures

[www.divergentfutures.com](http://www.divergentfutures.com)

# Neurodiversity-Affirming Resources

02



## Women, girls, and AFAB people

Resources that highlight essential information for Autistic/ADHD women, such as menstrual cycles, masking and hormones

### Books

**Spectrum Women; Walking to the Beat of Autism**, edited by Barb Cook and Dr Michelle Garnett  
**The Autism Friendly Guide to Periods** by Robyn Steward  
**Camouflage: The Hidden Lives of Autistic Women** by Sarah Bargiela (presented as a graphic novel)

### Websites and other media

**The Neurodivergent Woman Podcast** by Monique Mitchelson and Michelle Livock. This podcast is for Neurodivergent people as well as their families, friends, partners, bosses, colleagues, and health professionals. Topics covered include assessments, trauma, depression/anxiety, eating disorders, and much more.

[Find on Spotify](#)

[Find on Apple Podcasts](#)

**Spectrum Women Magazine** Spectrum Women is an international collaboration by and for Autistic women aiming to create a supportive community for women, girls and identifying females who are uniquely different. Publications include books, articles, stories and interviews by people of all ages who have a neurodivergent outlook on life in a positive and unique way.

**Yellow Lady Bug** Non for-profit organisation focussed on health and well-being outcomes for Autistic, girls, and gender diverse individuals. Holds a yearly conference and networking events for Autistic people.

# Neurodiversity-Affirming Resources

03



## Young People & LGBTQIA+

A compilation of resources for young individuals who identify as Neurodivergent and/or those belonging to the LGBTQIA+ community.

### Books:

**Queerly Autistic: The Ultimate Guide for LGBTQIA+ Teens on the Spectrum** by Erin Ekins

**The Autistic Trans Guide to Life** by Yenn Purkis and Dr Wenn Lawson

**Different, Not Less** by Chloe Hayden

**The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic** by Siena Castellon

**The Autism-Friendly Guide to Periods** by Robyn Steward

**The Awesome Autistic Go-To Guide: A Practical A Practical Handbook for Autistic Teens and Tweens** by Yenn Purkis and Tanya Masterman

### Websites and other media

**Chloé Hayden** Chloé Hayden is an award winning motivational speaker, actor, performer, author, influencer, content creator and disability rights activist and advocate, the heart of which these all intersect being her passion for creating change, celebrating diversity, and pushing towards a better future.

- **Boldly Me - Podcast:** In this series Chloé Hayden will chat to people who, just like her, are living life boldly and are unapologetically themselves
- **Different not Less:** YouTube Channel
- **Instagram**

**How to ADHD** by Jessica McCabe. Accessible videos and resources to support ADHD people with the demands of daily life

- **YouTube Channel**
- **Instagram**
- **TEDTalk**

**Autism Self Advocacy Network** have collated resources regarding gender diversity and Autism. The full list of resources can be found [here](#)

**Connor De Wolfe** is mental health advocate known for his humorous and educational TikToks

# Neurodiversity-Affirming Resources

04



## Children & Parents

Resources for neurodivergent children to build self-confidence and understand their unique ways of thinking, along with parenting resources for guidance and support.

### Books:

#### *Children's books:*

**The Brain Forest** by Sandhya Menon

**The Rainbow Brain** by Sandhya Menon

**The Amazing Discovery of the AuDHD Brain of ...Me!** by Neurodivergent Ally

#### *Parenting books*

**Autism and Parenting** by Renata Jurkevithz, Maura Campbell, Lisa Morgan and Barb Cook

**Talking with Your Child about Their Autism Diagnosis: A Guide for Parents** by Raelene Dundon

**Beyond/Behaviour** by Mona Delahooke

**The Explosive Child** by Dr Ross Greene

**The Whole Brain Child** by Daniel J. Siegel, Tina Payne Bryson

**What Every Autistic Girl Wishes Her Parents Knew** by Inc. Autism Women's Network

**Start Here: A Guide for Parents of Autistic Kids** by Autistic Self-Advocacy Network

**Your Child is NOT Broken** by Heidi Mavir

## Websites & other Media

### Parenting workshops

Our friends at Onwards and Upwards Psychology host Neurodiversity-Affirming parenting courses and workshops to help you understand the A to Zs of your child's diagnosis, from how autism and ADHD came to be, to how their brain is wired, to how this impacts the way they see the world, and importantly, their unique pathway of supports. Visit [Onwards & Upwards Psychology](https://www.onwardsandupwardspsychology.com).

### **Amazing Kids - Autistic Spectrum Condition**

Listen to children from different backgrounds share their unique experiences of Autism in their own words.



# Neurodiversity-Affirming Resources

05



## General resources

Support services and national organisations

### National helplines:

- **Autism Connect:** open 8am to 7pm, Monday to Friday. Free, national Autism helpline, providing independent and expert information over phone, email and webchat. It supports Autistic people, their families and carers, health professionals, researchers, teachers, employers and the broader community [1300 308 699](tel:1300308699)
- **ADHD National Helpline** provided to help you find ADHD solutions and assist with ADHD Referral [1300 39 39 19](tel:1300393919)
- **LifeLine:** national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. [13 11 13](tel:131113)

### Important Websites

- **Amaze:** Resources for Autistic people, friends, carers, and health professionals. Provides access to the National Autism helpline, as well as training and general information for Autistic people, their families, friends, and supports.
- **AADPA:** Visit for education, training, resources, research, advocacy, and ADHD voices sharing lived experience.
- **CHADD:** The largest support organization for ADHD. It provides education, advocacy, and support for ADHD people and their families, teachers and healthcare professionals.
- **Autism CRC:** Independent national source of evidence for best practice in relation to Autism across the lifespan.

### Support groups and social events

- **Yellow Lady Bugs** offers social events and gatherings (often eligible through NDIS funding) for Autistic young people. Multiple events held throughout the year. Click [here](#) to learn about current events
- **Parent Facebook groups:** Places for parents of Neurodivergent children to find support from each other:
  - [Parenting Neurodivergent Kids- A Neuro-Affirming Approach](#)
  - [Autism Inclusivity](#)