

# NEURODIVERSITY CELEBRATION WEEK

## MARCH 17 TO 23

### NEURODIVERSITY CELEBRATION WEEK IS A WORLDWIDE INITIATIVE

aiming to challenge stereotypes and misconceptions about neurological differences. The aim for the week and beyond is to transform the ways neurodivergent individuals are perceived and supported by providing opportunities to recognize the skills and talents of neurodivergent people. By creating more inclusive and equitable cultures, spaces and organizations, as well as celebrating differences and empowering individuals, we can help change the narrative surrounding neurodiversity.

Different people's brains may be wired to process information and communicate in different ways. Neurodiversity is often used as an umbrella term to describe neurological or developmental conditions such as dyslexia, autism, ADHD and many others. Neurodiversity is about recognizing there is no one "right" way to think, learn and behave, and respecting the many possible variations. Neurodiversity Celebration Week is a time for Doctors Nova Scotia and the health-care system at large to work to foster a more inclusive environment for all.

### Connection to Doctors Nova Scotia's Work

In medicine and in society, we tend to prioritize diagnosis and labels, which often means the focus is on the challenges for an individual, rather than their strengths and talents. It's important to take a person-centred approach by tailoring strategies to the individual. Doctors Nova Scotia is dedicated to promoting accessible and equitable care by supporting physicians in understanding how neurodivergence may impact the health and experiences of their patients.

### Resources

- Neurodiversity Celebration Week: [www.neurodiversityweek.com](http://www.neurodiversityweek.com)
- Educational Resources: [www.neurodiversityweek.com/resource-hub](http://www.neurodiversityweek.com/resource-hub)



By creating more inclusive and equitable cultures, spaces and organizations, as well as celebrating differences and empowering individuals, **we can help change the narrative surrounding neurodiversity.**

