

# Top Tips for Discussing Diagnosis



EQUAL POTENTIAL

## Use Helpful Language

- Use “identity first” language (e.g. autistic person)
- Avoid “person first” language (e.g. person with autism)
- Avoid negative words (e.g. disorder, weird, strange)

## Different Types of Brain

- Talk about how there are lots of different types of brains
- The most common brain type is called “neurotypical”
- Other brain types (autistic/ADHD) aren’t better or worse, just different

## Acknowledge Strengths and Challenges

- Talk about common challenges neurodivergent people face
- Talk about common strengths of neurodivergent people
- Help the person identify their own strengths and challenges

## Calm Environment

- Make sure to use a calm and private place for discussing such a sensitive topic
- Make sure the young person is relatively calm and relaxed. Avoid times when they are particularly stressed or anxious

## Use Resources

- There are lots of books, YouTube videos and other resources designed for different age ranges to help