

Neurodiversity: Rethinking ADHD, Autism and Dyslexia

Neurodiverse brains are different, not deficient. Reframing how Africa understands ADHD, autism and dyslexia changes lives.

The neurodiversity paradigm

Neurodiversity recognizes that variations in brain function — including ADHD, autism and dyslexia — are natural forms of human cognition with both challenges and strengths.

African realities

Across much of Africa, neurodiverse children are often misunderstood, mislabeled or excluded from education. Teacher training and community awareness can transform outcomes.

What supports neurodiverse minds

Early identification, inclusive teaching strategies, sensory-aware environments and strengths-based mentorship enable neurodiverse individuals to thrive.

Key takeaways

- Neurodiversity is variation, not deficit
- Early support changes life trajectories
- Schools and clinics need basic neurodiversity training
- Strength-based approaches outperform stigma-based ones

Africa focus

Equipping African teachers with neurodiversity awareness is one of the highest-leverage education interventions available.