

Resources for Neurodivergent KPU Employees and Students

May 2026

This resource was created by neurodivergent people, for neurodivergent people, with the understanding that neurodivergence is not something that needs to be fixed. Neurodivergent individuals experience, process, and interact with the world in diverse and meaningful ways, and those differences deserve respect, accommodation, and support. Too often, support systems focus on changing people to fit into environments that were not designed with their needs in mind. This resource takes a different approach by centering acceptance, accessibility, lived experience, and self-determination.

The goal of this resource is to provide practical tools, self-support strategies, and self-advocacy resources that empower neurodivergent people to better understand and communicate their needs. Whether navigating school, work, healthcare, relationships, or daily life, everyone deserves access to supports that help them thrive as their authentic selves. Advocacy can look like requesting accommodations, setting boundaries, preventing burnout, or simply recognizing that needing support is valid. This resource exists to encourage confidence, connection, and the understanding that neurodivergent people deserve spaces where they are supported, included, and valued exactly as they are.

Definitions

Definitions from QMUNITY [course](#) on neurodivergent community perspectives.

Neurodiversity is a term developed by Judy Singer to describe the diversity that exists in human brains and minds. It speaks to the differences in how we speak, feel, process, or navigate life. It is not a self-identity term but more of a factual term used to describe the diversity of the human brain.

Neurodivergent is both an umbrella and self-identity term. It speaks to the challenges that folks experience navigating a neuronormative world and folks who struggle to meet the dominant social norms. This term includes folks who were born with these differences, inherited them genetically, and those who have acquired these differences as they navigate life.

Self-Care and Advocacy

1. **NPR Life Kit:** How "unmasking" leads to freedom for autistic and other neurodivergent people, [podcast and transcript](#)
2. **AIDE Canada:** Autistic Burnout Resource Collection, [Videos, articles, books](#)
AIDE Canada has a wide collection of resources for neurodivergent people and resources for allies
3. **Reframing Autism:** Fostering Autistic Wellbeing Through Self-Care and Self-Advocacy, [article](#)*
4. **Neurodivergent Insights:** The Two Forms of Self-Care, [blog post](#)
5. **Stimpunks Foundation:** The Practice Loop, [guide](#)

Communication

1. **Association for Autism and Neurodiversity (AANE),** Thriving at Work: A Guide for Neurodivergent Individuals, [article](#)
2. **Devon Price,** A theory of messaging styles and ghosting, [video](#) and [article](#)

Post-secondary Students

1. **AIDE Canada:** Student Organizations: Social Support and Self-Advocacy for Neurodivergent Post-secondary Students, [article](#)
2. **Future Skills Centre: Navigating Higher Education: A Neurodivergent Student's** [Guide](#)

Other media resources

*We do not endorse all content, but are including the following to provide general information in other formats

1. Instagram: [Neurodivergent Lou](#)
2. Instagram: [LivedExperienceEducator](#)
3. YouTube: [How to ADHD](#)