



ADHD and Autism

ADHD and Autism are both neurodevelopmental disorders, and symptoms of each condition can have many similarities and differences to each other. This means that some symptoms may overlap. ADHD and Autism also have high rates of comorbidity; This means 50-70% of people who have Autism also have ADHD, and will share symptoms of both conditions.

Symptoms of ADHD

- Working memory impacted
- Craves novelty and new experiences
- Difficulty regulating attention and focus
- Difficulty reading social cues due to focus and attention issues
- Inhibition difficulties

Symptoms of Autism

- Processing speed impacted
- Craves familiarity and routine
- Repetitive behaviour and rituals
- Difficulty reading social cues intuitively
- Special interests
- Strict adherence to routine

Shared symptoms of ADHD *and/or* Autism

- Stimming
- Increased risk of victimisation
- Interest based nervous system
- Impulse control difficulties
- Sensory issues
- Executive functioning difficulties
- Social difficulties
- Emotional regulation difficulties
- Higher rates of substance abuse, suicidality, depression, anxiety, bipolar and OCD
- Time blindness
- High-context thinkers
- Higher percentage of an eating disorder
- Interoception issues
- Rejection sensitivity dysphoria
- Difficulty with eye contact
- Hyperfixation
- Task-switching difficulties
- Neurodivergent communication patterns (info-dumping, connecting overshared interests, value context, connects ideas)
- Webbed/interconnected thought patterns