

# Top 10 tips for neurodivergent communication

By Emma Johnson

## 1. Make notes

Write things down as it helps to organise thinking, alternatively ask for a conversation to be followed up in writing

## 2. Surroundings

Try not to have conversations in busy areas or rooms with a lot of glass or windows. If there isn't another room available try sitting with your back to where the distractions might be happening outside the room.

## 3. Pomodoro Technique

Try to the pomodoro technique and commit to giving yourself 20 minutes to completing a task or part of a task. Then take a break of 5 or 10 minutes and go back to the task for another 20 minutes etc

## 4. Visuals

Consider fonts and colours in written or visual materials to help with dyslexia

## 5. Digital tools

Explore digital tools like spell checkers, screen readers and text to speech tools

## 6. Communication

Speak to people you work with on how best to communicate with you eg prefer straightforward instructions rather than more informal brief instructions or to use unambiguous language

## 7. Support

Ask for regular checks in's for ongoing support

## 8. Environment

Speak to people about your working environment that minimises loud or overly bright spaces.

## 9. Workload management

Ask for tasks to be broken down into smaller more manageable steps with clear instructions at each stage

## 10. Best ways to communicate with others

Communicating over text, online or email or written notes can be especially helpful for those who have a lot going on in their minds at once