



01. When Autism and ADHD occur together, they create a unique neurotype.

Together, Autism and ADHD blend into a profile with its own characteristics, strengths, and challenges. This blend is sometimes called *AuDHD*.



02.



This often looks like:

- Seeking excitement, whilst also preferring routine.
- A 'social butterfly', who quickly becomes tired or overloaded in social situations.
- Craving some sensations and avoiding others.

03.



AuDHD can feel like a brain 'tug-of-war'.

Some aspects of ADHD can mask or amplify aspects of Autism. And vice versa.

AuDHD is linked to:

Genetics, brain wiring, and environment.

It is not linked to intelligence, vaccination history, low effort, or parenting style.

04.

