

Glossary for Pre/Post Diagnosis Leaflets

Emotional Regulation

The ability to recognise, manage, and respond to emotional experiences in a controlled or adaptive way.

Hypersensitive

A person is highly sensitive to sensory input and will try to **seek less** of it (e.g., cover ears to block loud sounds, avoid bright lights).

Hyposensitive

They are under-sensitive to sensory input and will **seek more** of it (e.g., stare at lights, touch everything, enjoy strong smells).

Neurodevelopmental

Describes conditions that arise from differences in the development of the brain and nervous system.

Neurodivergent

A term used to describe individuals whose neurological functioning diverges from the societal norm (neurotypical). Autistic and ADHD people are considered neurodivergent.

Personalised Task Support

Practical, goal-focused support for things like filling out forms, navigating systems, or accessing services. Please note CAAS is not a therapeutic or mental health service.

Practitioner

A trained professional involved in the assessment, diagnosis, or support of neurodivergent individuals.

Professionals

A broader term for individuals with formal training and qualifications working in fields related to autism. This includes assessors, educators, therapists, healthcare workers, and support staff who interact with neurodivergent people and provide services.

Reasonable Adjustments

Changes or accommodations made to environments, communication methods, or procedures to ensure autistic individuals have equal access to assessments, services, or opportunities.

Sensory Processing

The way the brain receives, organizes, and responds to sensory input such as sounds, lights, textures, or smells. Many autistic individuals experience differences in sensory processing, which can result in either heightened or reduced sensitivity.

Social Navigation

The ability to understand, interpret, and appropriately respond to social interactions and cues. Autistic individuals may find some aspects of social navigation challenging, especially in environments with unspoken rules or complex social expectations.