

# SAS Neurodiversity Support

The purpose of this document is to signpost SAS to resources which can provide information and/or support regarding neurodiversity.

It is **not** designed to offer diagnosis or management of neurodiversity issues. These things should be discussed with your GP or occupational health service.

**Remember - 10-15% of the population are neurodivergent - you are not alone**



Are you comfortable with disclosing your neurodiversity at work?

Arrange a meeting with your line manager

Use some of the resources in this document at the meeting

Consider sending your line manager this document too

Consider using the **Neurodisability Ability Agenda** (added to the end of this document) as a framework to help **you** in the discussion with your line manager

Use the resources in this document for support and to better understand your neurodiversity

Seek support from local resources

Resource on Autism for your Line Manager meeting:  
[Beyond Accommodation: Supporting Autistic Professionals in Education, ThirdSpace](#)



Association of Neurodivergent Doctors (AND) group  
[Available to join on Facebook](#)

NHS Highland  
[Accessibility Guidance for Staff](#)

NHS Grampian  
[Resources for Neurodivergent Staff](#)

NHS Tayside  
[Support across Tayside - Change Mental Health](#)

NHS Greater Glasgow & Clyde  
[Staff Disability Forum Neurodivergent Sub-Group](#)

NHS Fife  
[Mood Cafe](#) | [Fife's Neurodevelopmental Hub](#)

NHS Lanarkshire  
[Lanarkshire Mind Matters](#)

NHS Lothian  
[Disabled Employee Network \(DEN\)](#)

NHS Ayrshire & Arran  
[NEST - Empowering Ayrshire's Neurodiverse Communities](#)

NHS Borders  
[Scottish Borders Learning Disability Service](#)

NHS Dumfries & Galloway  
[Think Differently D&G support group \(Facebook\)](#)

# Neurodiversity Ability Agenda

What is the nature of your neurodiversity?

How does **your** neurodiversity impact on **you** in your workplace?  
Things to consider include: time management, activity planning, organisation, impulsivity, procrastination, speed of working, creativity, communication.  
Think **positive** and **negative** impacts