



Adelaide Adult ADHD

NEWSLETTER

Adelaide Adult ADHD is a community and a voice for adults with ADHD.

MAY 2023

INFORMATION AND SERVICES
IDEAS AND INSPIRATION
COMMUNITY

REGULAR UPDATES

WHERE YOUR COMMUNITY IS
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GET INVOLVED

WHO WE ARE



THE VALIDITY AND VALUE OF NEURODIVERGENT SELF-DIAGNOSIS

Early in March this year, independent Australian publisher Black Inc announced the latest edition in its *Growing Up* series, to be called *Growing Up Neurodivergent in Australia*. Black Inc released a call for public submissions...but that's where things started to go wrong.

Black Inc required that all contributors must "have been diagnosed as neurodivergent". When questions were raised about this requirement, Black Inc doubled down by stating that "to be ethically responsible...we are only inviting submissions from people with a medical diagnosis".

The project is now on hold while the publisher is "considering all the options".

So, why is the requirement for a medical diagnosis a problem? It will be no surprise to adults with ADHD that formal diagnosis is a long, expensive, difficult and arguably highly inequitable process with wide variability in availability, accessibility and provision. Add to these systemic hurdles the challenges of actually being neurodivergent, and it's little wonder that many adults with ADHD are mis-diagnosed by, or opt out of pursuing, medical diagnosis.

Using a medical diagnosis as a gatekeeper for the legitimacy of neurodivergent Australians is unquestionably discriminatory. Adelaide Adult ADHD acknowledges the validity and value of self-diagnosed adult ADHD and of the experiences of adults with self-diagnosed ADHD.

You are seen, and you matter.

WHERE YOUR ADULT ADHD COMMUNITY IS

Last updated 31/3/23. Responses included: 89

AdAdADHD Community

Search



Help us, and help others, understand you and your community.

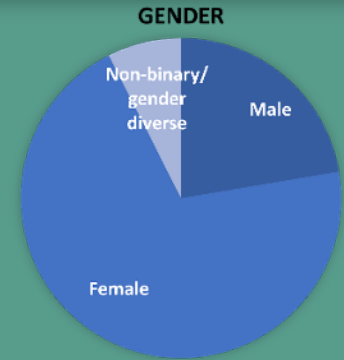
Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

 [More about your community](#)

 [Be part of the picture \(completely anonymously\)](#)

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YOUR LIFE, YOUR VOICE

Tell us about your lived experiences of adult ADHD

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

 [Stories](#)