

Additional resources thanks to Emmett Geoghegan

Youtube

How to ADHD - Jess McCabe

<https://www.youtube.com/c/HowtoADHD>

Article re what the spectrum means

<https://neuroclastic.com/its-a-spectrum-doesnt-mean-what-you-think/>

Podcasts

"Our Learn Parkour" Podcast - <https://orlearnparkour.buzzsprout.com/>

A bi-weekly comedy talk show hosted by Jordan Rawlings and Lex Brown, two adults with ADHD.

Neurodivergent Moments Podcast - <https://shows.acast.com/neurodivergent-moments>

Each episode, ADHD Abigoliah and Autistic Joe, speak to a guest with a neurodivergence about their divergence, life, career and how they navigate the neurotypical society we live in.

Books

I Am Autistic

An Interactive and Informative Guide to Autism (by Someone Diagnosed with It)

by Chanelle Moriah

<https://www.allenandunwin.co.nz/browse/book/Chanelle-Moriah-I-am-Autistic-9781991006066/>

This Is Adhd

by [Chanelle Moriah](#)

An essential guide to understanding ADHD, written and illustrated from the perspective of someone with ADHD.

<https://www.allenandunwin.co.nz/browse/book/Chanelle-Moriah-This-Is-ADHD-9781991006325>

Untypical *How the World Isn't Built for Autistic People and What We Should All Do about It*

by Pete Wharmby

<https://www.unitybooks.co.nz/products/untypical-how-the-world-isnt-built-for-autistic-people-what-we-should-all-do-about-it>