## **ADHD vs Autism**

## ADHD

## Overlap

Stimming

**Autism** 

**Craves novelty** 

Difficulty regulating attention and focus

Difficulty with social cues due to focus and attention issues

Hyperactivity and impulsivity

> Inhibition difficulties

Sensory differences

Interoception issues

Impluse control difficulties

**Emotional regulation difficulties** 

Higher rates of substance abuse, suicidality, depression, eating disorders, anxiety, bipolar and OCD

ND communication patterns

(info-dumping, connecting over shared interests, story-swapping)

Webbed/interconnected thought patterns

**Executive functioning difficulties** 

Increased risk of victimisation

Special interests and passions

Task-switching difficulties

Neurodivergent masking

Eye contact differences

## **Craves familiarity**

Comfort in repetitive behaviours & routines

Difficulty reading allistic social cues intuitively

Strict adherence to routines

High need for verbal context

Disclaimer: This diagram represents common patterns or trends associated with autism and ADHD. However, these are generalisations and will not resonate with everyone's individual experiences. There is a lot of diversity among Autistic and ADHD people and each person's journey is different.

