

## Simon Rawcliffe

Explaining my obscure neurodiversity and getting my needs met.

There are two main elements that makes my neurodiversity different to the neurotypical.

1. My emotional intelligence in relative terms is 1.15 times broader than most women and 1..28 times broader than most men. This means that my ability to understand social cues and the reading of people is slightly greater than most other people.
2. My clinical intelligence in relative terms is 2.5 times broader than most women and twice as broad as most men. This means that my ability to understand things and processes greatly exceeds most other people.

### Emotional needs

For my emotional needs to be met the needs of others need to be taken into account as well as my own. Courtesy and the acceptance of others and their needs is very important to me. Treating people differently because you don't like something about them is not acceptable to me. Treating people differently because their needs are different is essential for me.

### Clinical needs

Things have to make sense to me before I can progress with something. Being given a drug to take or an instruction to carry out by someone because they think it is a good idea is not acceptable to me unless I also think it is a good idea. For instance being at a meal where a thanks giving prayer is said to a god and everyone is expected to stand and join in the prayer when I can find no evidence in support of deity is unacceptable to me. I am perfectly happy for others to say the prayer but I need to be able to be excused from such a practice and being given the option to absent myself from such practices. Being prescribed a drug, the use of which does not make sense to me, is unacceptable to me.

I need people to mean what they say and say what they mean using clear, concise and accurate language, if that is not possible then I will need an interpreter.

I need people to be open and honest with me. Not to make out something is the case when clearly it is not. Saying that a time scale will be 2 minutes when it will be 20 minutes is unacceptable to me and will likely cause me distress. If someone does not know something they need to state that they do not know something rather than make out that they do know something.

I need to be treated as if I have some form of intelligence so the use of automated communication services that have no reply options are just too stressful for me. When I have a problem that needs dealing with, I need to be able to talk with someone who knows the subject in detail or can pass me onto someone who knows the subject in detail.

If these needs are not met then my stress levels increase exponentially. My body responds to the stress levels by putting me into my fight or flight mode. My anxiety levels soar and restricts access to my cognitive capability so that I become debilitated. My blood pressure will rise. If this continues over a prolonged period without respite I will suffer from burnout rendering me useless at anything with no energy to function, it will also compromise my immune system opening me up to infection. The only thing I can do is rest until the symptoms ease.

I also suffer from sensory overload when confronted by strong smells, bright lights, moving imagery and noisy environments which means things like shopping arcades and sporting events can be a nightmare for me. Washing my hands with scented soap, scented candles and air fresheners can cause me difficulties.