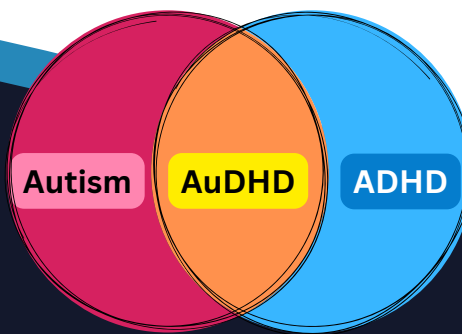


Laura Kerbey's

TOP 10 TIPS FOR TEACHING AND UNDERSTANDING

AuDHD

- 1 Provide structured routines with small, predictable variations.
- 2 Recognise delayed processing during overwhelm.
- 3 The student may have intense focus on details whilst missing bigger picture.
- 4 Casual comments can cause devastating emotional reactions.
- 5 They can hyperfocus intensely on interests but struggle to attend to non-preferred tasks.
- 6 ADHD impulsivity interrupts conversations while Autism makes reading social cues difficult.
- 7 Hiding both ADHD hyperactivity AND autistic traits creates double the mental load and faster burnout.
- 8 Sensory needs fluctuate daily.
- 9 The same student may need routine one day and novelty the next
- 10 Break everything into micro-steps.



Listen to Podcast Episode 317:
What is AuDHD & RSD?
With Expert Laura Kerbey.

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