



All Brains Belong VT
Neuroinclusive Healthcare & Community

Brain Club® Digital Resource Library

PLAIN TEXT SUMMARY

Social Connection as Medicine

Social connection helps us stay healthy.

Feeling connected to other people is very important for health, just like food, water, or sleep.

Many neurodivergent people have had a hard time making friends.

This is often because of how they've been treated in the past.

It can also be hard for neurodivergent people to get things that keep people healthy.
This includes a place to live or having a job.

When people have friendships that feel good to them, it can help them stay healthier.

Key terms:

Neuronormative	<p>Some people think there is only one “right” way for a brain to work. That is not true.</p> <p>Brains work in lots of different ways. Most things in the world are made for people whose brains work one certain way. This includes places like school, work, and the doctor’s office.</p> <p>People with different kinds of brains, like Autistic, ADHD and neurodivergent people, might feel left out.</p> <p>They might have a hard time getting what they need.</p>
Neuro-majority	<p>Neuro-majority means that most people’s brains work in a similar way. The world is made to work best for those people.</p>
Social determinants of health	<p>Things around you every day can help you stay healthy. This includes where you live, if you have enough food, money, and people who care about you.</p>