Systems & Structures

The System Map

Goal: Identify how different systems impact your life and neurodiversity.

Steps:

1. **Draw a map** with yourself in the centre. Around it, write the systems you interact with (e.g., education, healthcare, workplace, family).

2. For each system, **reflect:**

   - How does this system support or challenge me?

   - What would an ideal version of this system look like?

3. **Write one actionable step** to navigate or improve your interaction with each system.

Strengths vs. Barriers in Structures

Goal: Analyze systemic barriers and strengths for neurodiverse individuals.

Steps:

1. **List structures or routines** in your life
(e.g., flexible work policies, traditional schedules).

2. Create two columns:

   - Column 1: **Strengths** (How does this structure support you?)

   - Column 2: **Barriers** (How does it create challenges for you?)

3. **Reflect on how you can amplify strengths** and address barriers, considering systemic changes or personal adaptations.

Advocacy Plan

Goal: Build confidence in advocating for yourself within systems.

Steps:

1. Write about a specific instance **when a system didn't support you**.

2. Reflect:

- **What did I need** but didn't receive?

- **What could I have done** to communicate my needs more clearly?

- **What** systemic changes **would help others like me?**

3. **Create a short advocacy script** you can use to express your needs in similar situations.