

Difference between ADHD, Autism and AUDHD

(a side-by-side Comparison of symptoms, challenges and strengths) Please note these are just some examples, of area of need and struggles

Area	ADHD	Autism	Autism and ADHD
Attention	Easily distracted Trouble focusing on tasks	Hyper focused on specific interests	Inconsistent attention Struggles with transition
Social Skills	Impulsive Interrupts conversations	Struggles with reading social cues	Socially inconsistent may mask difficulties
Sensory Sensitivity	May seek or avoid certain sensory input	Often experiences sensory overload	Strong reaction to sensory input, varies between seeking and avoiding
Routine and Flexibility	Struggles with organising themselves Dislikes strict routines	Prefers strict routines Dislikes unpredictability	Difficulty with both structure and flexibility
Emotional Regulation	Impulsive emotional reactions	Difficulty expressing emotions	Intense emotions, may have difficulty recognising feelings
Communication Style	Talks excessively Changes topic frequently	Prefers direct or scripted communication	May struggle with conversational balance
Executive Function	Poor time management Forgets tasks	Rigid thinking Struggles with planning	Struggles with both organisation and flexibility
Learning Preferences	Benefits from hands on and movement based learning	Prefers structure and detailed learning	Needs structured support with flexibility for engagement
Common Strengths	Creativity, energy, adaptability	Attention to detail, deep knowledge in areas of interest	Strong pattern recognition, creative and good problem solving skills