

Neurodiversity-Informed and Adult ADHD Occupational Therapy

At **Block Building Therapies**, we recognize that adult ADHD is just one of the ways that the brain can work differently and that it is part of the broader tapestry of neurodivergence. Our program integrates **neurodiversity-affirming principles** with expert occupational therapy to honor the brain's natural strengths; while helping co-create personalized strategies to navigate transitions and life demands.



What Makes Our Approach Truly Inclusive

Neurodiversity-Affirming & Strengths-Based

We don't pathologize differences—instead, we celebrate them. Individual neurodivergent traits are sources of adaptability, creative thinking, and resilience.

Holistic, Collaborative, and Respectful

Our clients are the expert in their own neurodivergent experience. We partner with them and their support team to co-design solutions. We work closely with the psychologist, case manager/rehabilitation specialist, family and employer.

Functional and Practical

From community-based interventions to in-person environmental adaptations, we tailor our approach to your real-life contexts.

The Power of OT in a Neurodiversity Framework

Occupational Therapists help our clients build both coping systems and environmental supports, not by “fixing” the person but by engineering contexts and habits that respect how the brain works best.

A Comprehensive, Neurodiversity-Informed Evaluation includes:

- Exploring our clients unique neurodivergent experience—cognitive profile, sensory traits, routines, emotional rhythms, social needs, and medical considerations
- Focusing on discovering adaptive strategies and strengths as well as challenges
- Treatment of clients who are in burnout, chronic stress or experiencing life transitions
- Collaboratively creating a strengths-oriented report with practical recommendations tailored to the environments at work, home and school

Supporting Transitions Through Strength and Adaptation

Transitions like returning to work or entering parenthood amplify stress. Our approach helps:

- Understand and lean into neurodivergent strengths during these transitions
- Adapt environments to reduce friction and support success
- Foster resilience, flexibility, and confidence

Tools & Strategies (Neurodiversity-Informed)

- **Strengths-Based Training:** Self-awareness, self-advocacy, executive functioning
- **Environmental Adjustments:** Sensory supports, routines, workspace design
- **CBT / DBT / ACT / Mindfulness:** Adapted to respect neurodivergent ways of thinking and feeling
- **Life Skills & Compensatory Planning:** Building on your innate problem-solving styles
- **Social Skill & Peer Supports:** Fostering connection and belonging
- **Behavioral Activation and Exposure Therapy:** For return to work/life transitions.

Why This Matters

Incorporating neurodiversity language transforms the message:

- From 'management' to 'empowerment'
- From pathologizing to celebrating difference
- From deficits to unique brain-based strengths

For more information or to make a referral to our Neurodiversity-Informed and Adult ADHD OT Program, please reach out to us at:

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