

September 2021

Moving Beyond Diagnostic Labels in ASD and ADHD Could Improve Access to Treatment.

Kaitlyn M.A Parks Ms
Western University, kparks7@uwo.ca

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Citation of this paper:

Parks, Kaitlyn M.A Ms, "Moving Beyond Diagnostic Labels in ASD and ADHD Could Improve Access to Treatment." (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 200.

<https://ir.lib.uwo.ca/inspiringminds/200>

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Clinical definitions of autism spectrum disorder (ASD) and attention-deficit/hyperactivity (ADHD) may fall short in identifying some of the milder symptoms in these disorders. One way to improve access to treatment is to look at the entire range of symptoms in these disorders where individuals do not need an official diagnosis and instead, can have issues ranging anywhere from clinically severe, to minor. By using this approach, I have found that even those without an official ASD or ADHD diagnosis struggle with aspects of language, learning, and social communication. This research shows that we do not need an individual to be functioning at the lowest level, as often indicated by an official diagnosis, in order to benefit from treatment. Those with varying levels of the disorder who are not yet diagnosed can also benefit.