

Neuro-Inclusive Teaching Toolkit

Practical strategies for designing accessible, inclusive, and effective higher education.

What is Neurodiversity?

Neurodiversity refers to natural variations in how people think, learn, and process information, including ADHD, autism, dyslexia, and dyspraxia. Around 15–20% of the population may be neurodivergent.

Why Neuro-Inclusive Design Matters

Neurodivergent students may experience challenges with attention, information overload, communication, and navigating digital learning environments.

Understanding Barriers

Cognitive: attention, memory, processing

Instructional: course structure, materials, LMS design

Social: stigma, confidence, support

Key Strategies

- Reduce cognitive load
- Use consistent structure
- Provide clear navigation
- Break tasks into steps
- Offer multiple formats
- Use assistive technologies

Inclusive Assessment

Use clear criteria, staged submissions, flexible formats, and examples.

AI as an Inclusion Tool

AI can support educators and students by simplifying content, organising tasks, and aiding revision.

Note: These strategies are informed by findings from the British Council–funded project 'Fostering Education Inclusion: Strengthening Accessibility and Support for Students with Disabilities in Higher Education'.