



Reading List:

# Disability Employment Awareness and ADHD Awareness Months:

What to Read, Listen To, Watch, and Follow



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## Disability Employment Awareness and ADHD Awareness Months:

### What to Read, Listen To, Watch, and Follow

The disability community is a diverse group, with widely varying experiences. As we celebrate both [National Disability Employment Awareness Month](#) and [ADHD Awareness Month](#) throughout October, take some time to explore the resources below and learn more about the community.

### Social Media Accounts to Follow

- [ADHD Actually](#)
- [Dani Donovan](#)
- [Disabled and Proud](#)
- [Lydia X. Z. Brown](#)
- [Mia Mingus](#)
- [Standing Up to POTS](#)

### Articles

- [5 Things You Need to Know](#)
- [5 Ways to Embrace Autism in the Workplace](#)
- [7 Things the Autistic Person Needs](#)
- [Dyslexia in the Workplace](#)
- [How to Be an Ally in the Workplace](#)
- [How to Talk About Disability in the Workplace](#)
- [Neurodivergent: More Than Grammar](#)
- [Neurodiversity](#)
- [Neurodiversity: Basic Terms & Definitions](#)
- [We Don't Need to Be Fixed](#)

## Non-Fiction Books

- [Connecting With the Autism Spectrum](#) by Casey Remrov Vormer
- [Demystifying Disability](#) by Emily Ladau
- [Hyper: A Personal History of ADHD](#) by Timothy DeNevi
- [Laughing at My Nightmare](#) by Shane Burcaw
- [Divergent Mind](#) by Jenara Nerenberg

## Fiction Books

- [A Time to Dance](#) by Padma Venkatraman
- [Insignificant Events in the Life of a Cactus](#) by Dusti Bowling
- [The Curious Incident of the Dog in the Night-Time](#) by Mark Haddon
- [The Rosie Project](#) by Graeme Simsion

## Podcasts

- [Disarming Disability](#)
- [The Accessible Stall](#)

## Documentaries

- [Crip Camp](#)

## Movies

- [Peanut Butter Falcon](#)
- [Raising Dion](#)
- [Theory of Everything](#)

## TV Series

- [Atypical](#)
- [Glow Up](#) (season 3)
- [Love On the Spectrum](#)
- [Special](#)

We hope you have found these resources helpful! If you're ready to continue learning, check out our [blog](#) or [email us](#) for further recommendations.