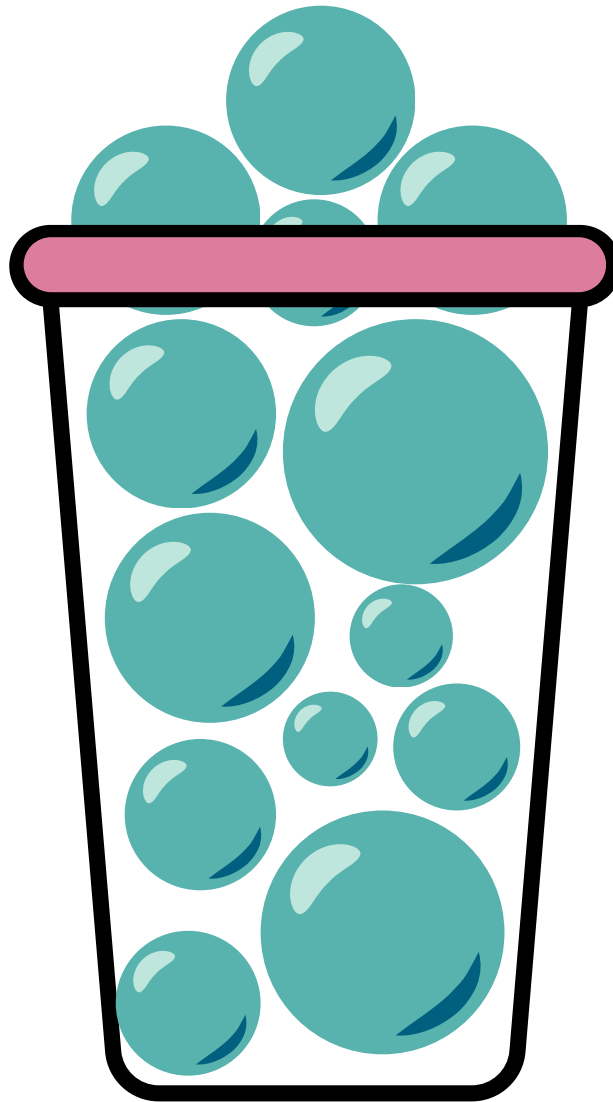


Functional Capacity

**“Functional capacity”
refers to what we can
do in our daily lives.**

**...you can only fit so
much inside the cup
before it overflows.**



**Think of your
“functional capacity”
as a cup...**

**For a neurodivergent
person, the cup can
fill up VERY quickly...**

...and we can't simply change the size or capacity of the cup.
The cup is what it is - a perfectly good cup.

Just as a neurodivergent person is a perfectly good person!

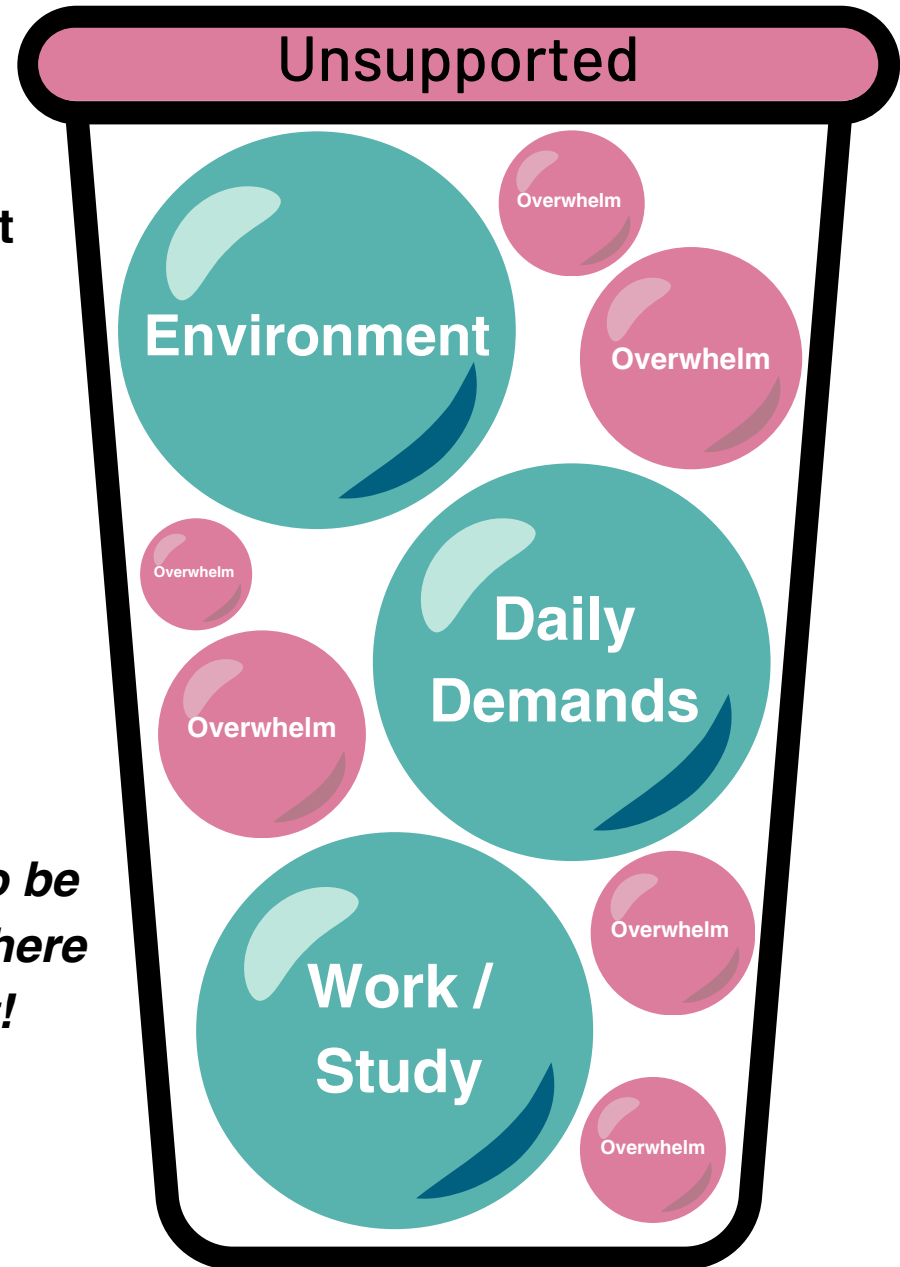


We can't simply create more space (or capacity)...

Sometimes the demands are just too big that they cause overwhelm.



The first things to be neglected when there is no room left!



Supported

Socialising

Self-care

Fun

Environment

Fun

Understanding

Accommodations
& support

Working with
strengths

Routines &
planning

Daily
Demands

Work /
Study

Fun

Tasks and
communication
optimisation

...But we *can* adjust what is *inside* of the cup, rather than trying to increase the capacity or thinking that the cup is not good enough.



We can fit so much more in with support!