



## AUDHD RESOURCES AND SUPPORTS

# A Canada-Focused Guide

Books, Canadian organizations, online learning, peer support, and digital tools for adults living with autism and ADHD.

### **Start small**

Choose one resource that fits the need you have today. You do not need to try every book, app, or support at once.

Prepared for the AuDHD Centre | Updated July 2026

START HERE

# What AuDHD Means

A short introduction before you explore the resource list.

## AuDHD in plain language

AuDHD describes the lived experience of being autistic and ADHD at the same time. It is a community-created term rather than a separate diagnosis. Many people use it because the interaction between the two profiles can feel different from autism or ADHD considered alone.

For example, a desire for novelty may compete with a need for predictability, while executive-function, sensory, social, and masking experiences can overlap in complex ways. The goal of this guide is not to label anyone. It is to make trustworthy starting points easier to find.

### How to say AuDHD

A common pronunciation is "aw-D-H-D": the opening sound of autism followed by the letters D-H-D. Because the term was created by the community, other pronunciations are also used.

## How to find books and resources in Canada

- [AIDE Canada Library](#) - AIDE Canada offers a free national library with books, audiobooks, ebooks, and other resources for people across Canada.
- [Public libraries](#) - Check your local public library and digital services such as Libby before purchasing.
- [Canadian retailers and digital formats](#) - Many titles are available through Canadian publishers, Indigo, independent bookstores, Kobo, and Audible Canada. Availability and formats can change.
- [App privacy and availability](#) - For apps, check the Canadian Apple App Store or Google Play listing and review privacy settings before entering personal information.

### A practical rule

Try one planner, one timer, and one task-breakdown tool for two weeks. Keep what reduces friction and remove what adds more work.

READ AND REFLECT

# Books Available in Canada

Strong starting points for understanding AuDHD, late identification, masking, and practical ADHD support.

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| <p><b>LATE IDENTIFICATION</b></p> <p><b><u>Tip of the ADHD Iceberg - Dr. Samantha Hiew</u></b></p> <p>A compassionate guide for adults processing late ADHD, autism, or AuDHD identification. Focuses on self-advocacy, acceptance, and the hidden layers of neurodivergence. Available in print and audiobook formats in Canada.</p> | <p><b>AUDHD-SPECIFIC</b></p> <p><b><u>Explaining AuDHD - Dr. Khurram Sadiq</u></b></p> <p>An accessible guide to autism and ADHD co-occurrence, using real-life stories and practical frameworks for self-advocacy and conversations with others. Available through Penguin Random House Canada.</p> |
| <p><b>MASKING AND IDENTITY</b></p> <p><b><u>Unmasking Autism - Devon Price, PhD</u></b></p> <p>Explores high-masking and late-identified autism, with particular attention to people whose experiences have often been overlooked. Available through Penguin Random House Canada and Canadian booksellers.</p>                        | <p><b>PRACTICAL STRATEGIES</b></p> <p><b><u>How to ADHD - Jessica McCabe</u></b></p> <p>A practical, ADHD-friendly guide to adapting environments, routines, systems, and expectations so daily life works better with an ADHD brain.</p>                                                            |
| <p><b>WOMEN AND GENDER DIVERSITY</b></p> <p><b><u>Divergent Mind - Jenara Nerenberg</u></b></p> <p>Explores autism, ADHD, sensory differences, and other forms of neurodivergence in women and gender-diverse adults. Available in Canada in print, audio, and ebook formats.</p>                                                     | <p><b>INTERSECTIONAL PERSPECTIVES</b></p> <p><b><u>Queer! AuDHD! BIPOC!</u></b></p> <p>A book and podcast project centred on queer AuDHD people of colour. Includes first-person stories and community perspectives across multiple identities.</p>                                                  |

**Tip:** Check AIDE Canada and your local library first. Audiobook and ebook formats may be easier to access than print for some readers.

CANADA-WIDE SUPPORT

# Canadian Organizations and Peer Resources

National and regional starting points for education, navigation, support groups, and reliable information.

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| <p><b>NATIONAL ADHD ORGANIZATION</b></p> <p><b><u>CADDAC - Centre for ADHD Awareness, Canada</u></b></p> <p>Canada's national ADHD charity. Offers education, advocacy, webinars, adult resources, a resource navigator, and free adult peer-led support groups.</p> | <p><b>FREE NATIONAL RESOURCE CENTRE</b></p> <p><b><u>AIDE Canada</u></b></p> <p>A free national autism and intellectual-disability resource centre with a 6,000+ item library, programs map, events, courses, and adult-diagnosis resources.</p>       |
| <p><b>POLICY AND SYSTEMS</b></p> <p><b><u>Autism Alliance of Canada</u></b></p> <p>A national alliance focused on research, policy, inclusion, and community perspectives. Helpful for Canadian policy and system-level information.</p>                             | <p><b>FEDERAL INFORMATION</b></p> <p><b><u>Government of Canada - Autism Supports and Services</u></b></p> <p>A federal overview of autism supports and services, including links to information across the lifespan and Canada's Autism Strategy.</p> |
| <p><b>ALBERTA RESOURCE</b></p> <p><b><u>Learning Disabilities and ADHD Network</u></b></p> <p>A Calgary-based nonprofit offering education, resource navigation, professional directories, and support related to ADHD and learning differences.</p>                 | <p><b>RESOURCE DIRECTORY</b></p> <p><b><u>Centre for Autism Services Alberta - External Resources</u></b></p> <p>A curated directory of provincial and national autism, mental-health, advocacy, and family resources.</p>                             |

## Peer support: useful, but not clinical care

- **CADDAC adult peer-led groups** - Free virtual groups led by trained adult facilitators with lived ADHD experience.
- **AIDE Canada peer resources** - Canadian peer-advice videos and community-informed resources.
- **Online peer communities** - Public online communities can offer lived-experience ideas, but protect your privacy and verify health information with a qualified professional.

LISTEN AND LEARN

# Podcasts, Videos, and Online Education

Accessible resources you can use from anywhere in Canada.

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| <p>ARTICLES AND PODCAST</p> <p><u>Neurodivergent Insights</u></p> <p>Articles, podcast episodes, visual explainers, and practical executive-function resources from Dr. Megan Anna Neff.</p>                                                                              | <p>VIDEOS AND TOOLS</p> <p><u>How to ADHD</u></p> <p>A long-running video and education platform covering executive function, emotional regulation, routines, and ADHD-friendly strategies.</p> |
| <p>PODCAST</p> <p><u>Divergent Conversations</u></p> <p>An AuDHD-centred podcast for neurodivergent adults and clinicians, hosted by Patrick Casale and Dr. Megan Anna Neff.</p>                                                                                          | <p>PODCAST</p> <p><u>The Neurodivergent Woman Podcast</u></p> <p>Deep discussions about autism, ADHD, AuDHD, women, and gender-diverse adults, hosted by clinical psychologists.</p>            |
| <p>WOMEN AND AUDHD</p> <p><u>ADHD Girls</u></p> <p>Education, talks, training, and community content focused on ADHD and AuDHD in women through an intersectional lens.</p>                                                                                               | <p>INTERSECTIONAL PODCAST</p> <p><u>Queer! AuDHD! BIPOC! Podcast</u></p> <p>First-person conversations about living at the intersections of race, gender, disability, autism, and ADHD.</p>     |
| <p><b>Choose content that feels grounding</b></p> <p>Online content can be validating, but not every creator is accurate or appropriate for every person. Look for clear sourcing, transparent credentials, and language that does not pressure you to self-diagnose.</p> |                                                                                                                                                                                                 |

REDUCE DAILY FRICTION

# Apps and Digital Tools

Tools can externalize memory, time, planning, and reminders. Start with one or two, not all of them.

## Planning, routines, and time

| <p>IOS, ANDROID, AND WEB</p> <p><u>Tiimo</u></p> <p>A visual planner designed with neurodivergent users in mind. Includes timelines, to-do lists, focus tools, flexible scheduling, and web/mobile access.</p> | <p>FREE AND PAID OPTIONS</p> <p><u>Time Timer</u></p> <p>A visual countdown timer available as an app and physical timer. Useful for making time visible during work, transitions, and routines.</p> |
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## Task capture and execution

| <p>FREE WEB TOOLS</p> <p><u>Goblin Tools - Magic ToDo</u></p> <p>A simple web tool that breaks large or vague tasks into smaller steps. Other tools help estimate time, rephrase text, and organize a brain dump.</p> | <p>FREE AND PAID PLANS</p> <p><u>Todoist</u></p> <p>A flexible task manager with recurring tasks, subtasks, reminders, filters, and cross-device access. Useful when you want a simple system that can grow with you.</p> |
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| <p>DESKTOP AND MOBILE</p> <p><u>Focus Bear</u></p> <p>A routine and focus tool with website blocking, guided breaks, and structured routines. Built by an autistic founder.</p>                                       | <p>SUBSCRIPTION TOOL</p> <p><u>Sunsama</u></p> <p>A guided daily-planning system with time blocking and daily reviews. Best suited to people who prefer a structured planning ritual.</p>                                 |

## Medication and wellbeing reminders

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MEDICATION REMINDERS

Medisafe

A medication-management app for reminders, schedules, appointments, and medication tracking. Available on iOS and Android.

MINDFULNESS AND SLEEP

Headspace

Guided meditation, breathing, sleep, and mindfulness content. Consider whether the sensory style and subscription model fit your needs.

**Privacy note:** App features, pricing, and privacy practices can change. Review current terms before entering health, medication, location, or other sensitive information.

**A simple starter setup**

Choose one visual planner for the day, one timer for transitions, one task-breakdown tool for overwhelming tasks, and one reminder system for anything time-sensitive. Keep the setup small enough to maintain.

**Before you subscribe**

Check whether the tool works on your devices, whether a free version is enough, how notifications feel, what information it stores, and how easy it is to export or delete your data.

GO DEEPER

# Recommended Reading by Topic

A short list of articles and collections for specific questions.

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| <p><b>EXECUTIVE FUNCTION</b></p> <p><u><b>Executive Function in AuDHD - Life Skills Advocate</b></u></p> <p>A practical overview of how executive-function needs can differ when autism and ADHD overlap.</p> | <p><b>PRACTICAL STRATEGIES</b></p> <p><u><b>Executive Functioning Helpers - Neurodivergent Insights</b></u></p> <p>A toolkit of strategies for externalizing planning, memory, time, and task initiation.</p>  |
| <p><b>CANADA-SPECIFIC</b></p> <p><u><b>Adult Diagnosis Collection - AIDE Canada</b></u></p> <p>Canadian information about adult autism assessment, screening tools, preparation, and next steps.</p>          | <p><b>CANADA-SPECIFIC</b></p> <p><u><b>Autism Tests in Canada - AIDE Canada</b></u></p> <p>A Canadian overview of steps involved in seeking a formal autism diagnosis as an adult.</p>                         |
| <p><b>WEBINAR RESOURCE</b></p> <p><u><b>ADHD and ASD Webinar - CADDAC</b></u></p> <p>Educational content exploring similarities and differences between ADHD and autism.</p>                                  | <p><b>FEDERAL RESOURCE</b></p> <p><u><b>Autism Supports and Services - Government of Canada</b></u></p> <p>Federal information about supports, services, and the broader Canadian autism policy framework.</p> |

## Educational disclaimer

This guide is for general education and does not provide diagnosis, treatment, or medical advice. The listed books, organizations, apps, and websites are independently operated. Inclusion does not represent endorsement. Discuss personal clinical questions, therapies, medications, and supports with a qualified professional who understands your circumstances.

Resource availability, pricing, and policies can change. Links were checked in July 2026. The AuDHD Centre may update this guide as new Canadian resources become available.

**It all starts with a conversation**

If you are exploring whether an integrated AuDHD assessment may be right for you, the first step is a free 30-minute conversation with the clinical team.