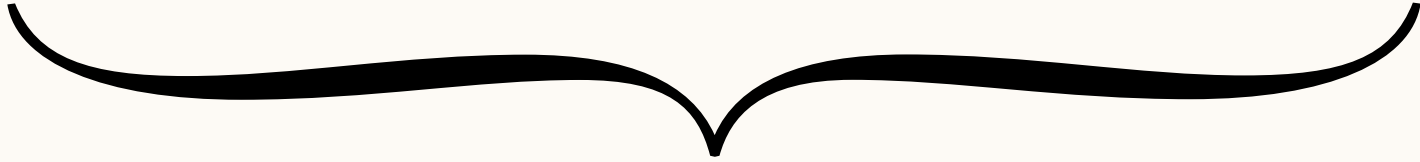


\*9th September

# AuDHD Day



Combined ADHD &  
Autism Awareness

FireBird




# What is AuDHD?

**AuDHD is a term used by people who are both autistic and have ADHD.**

It's not yet a formal diagnosis in medical systems, but many people recognise the crossover in their lived experience. They might be diagnosed separately with autism and ADHD, or just feel that both neurotypes describe their reality.

The term gives language to something that otherwise gets missed, mislabelled, or misunderstood. Because being both autistic and ADHD often means living with a complex, beautiful mix of traits that don't always fit existing boxes.

**We wanted to create AuDHD Day...  
To give it a name. And a date. Starting where  
people are. Introduce and familiarise the  
term and all the people it represents.**



## Who might have AuDHD?

While ADHD and autism are distinct conditions, they commonly co-occur. It's believed that 50-70% of autistic people also have ADHD. It brings unique experiences, strengths, and challenges.

The term gives language to something that otherwise gets missed, mislabelled, or misunderstood. Because being both autistic and ADHD often means living with a complex, beautiful mix of traits that don't always fit existing boxes.

**50-70%**  
**of autistic people**  
**also have ADHD**



# Autism + ADHD = not one or the other

Autism and ADHD don't just sit side by side, they mix together and affect each other. Some traits that both conditions share can feel even stronger, and sometimes the traits can clash. This can make life feel confusing or harder in a unique way for people with both.

Someone with AuDHD might really want to make friends and be social (more than someone with autism alone) but they can still find social situations tiring, stressful, or difficult. They might also feel torn between wanting things to stay the same and needing something new or exciting.

Autism can look like...	ADHD can look like...
Likes routine	Spontaneous
Struggles with change	Enjoys change/variety
Needs familiarity	Seeks new things/experiences
Needs time alone to recharge	Enjoys socialising
Prefers order & tidiness	Prefers relaxed environment
Planner	Impulsive
Thinks through decisions	Prefers to be quick & instinctive
Organised	Disorganised
Focused on details	Enjoys big picture thinking
Punctual	Time blindness
Good memory	Often exists in the moment
Special Interests	Focus can shift quickly

Autism + ADHD = AuDHD

## Why AuDHD Day?

AuDHD Day is a community-led awareness day for people who are both autistic and have ADHD, or recognise themselves in both experiences, even if they don't have a formal diagnosis.

This day is for the community and we have created supporter packs that are available to download for free. Everything is copyleft, open and shareable, just don't alter the meaning or identity.\* This simple guide talks you through the logo and assets: use it proudly, use it respectfully.

\*Firebird retains legal ownership.

**AuDHD Day is about creating space, language, and visibility for something that often gets overlooked or misunderstood.**

# AuDHD Day Supporter Pack

## **AuDHD Supporter Pack includes:**

Logos

'I am AuDHD' badge

Square Carousel Posts 1: AuDHD Myth Buster

Square Carousel Posts 2: AuDHD Strengths

Square Carousel Posts 3: 'You might be AuDHD if...'

Story/Reel Set 1: AuDHD Myth Buster

Story/Reel Set 2: AuDHD Strengths

Story/Reel Set 3: 'You might be AuDHD if...'

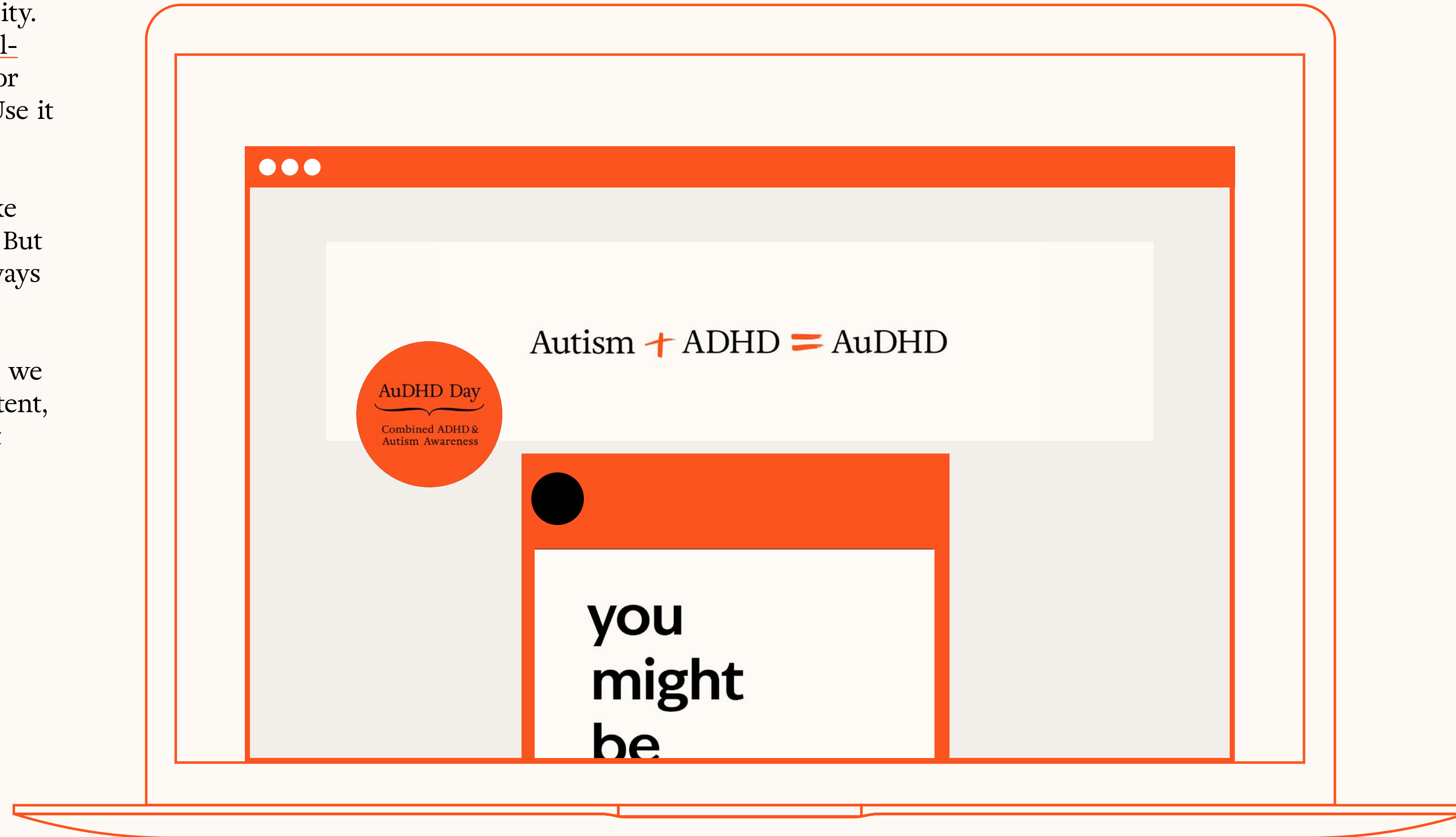
AuDHD Sum Graphic (square, portrait, landscape)

## How to use the stuff...

This is a copyleft project: open, shareable, and made for the community. It is released under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International](#). It's been created with care, by and for people who are often misunderstood or overlooked. Use it proudly. Use it respectfully. Help it reach the people who need it most.

That means you're free to share it – online, offline, anywhere you like. You can use it to show support, raise awareness, or share your story. But please don't edit the materials, don't use them commercially, and always credit the source.

Pretty please don't stretch stuff. And stick to the colours outlined, so we can build visual presence. Otherwise, share away to your hearts content, whether as a recognition of your own wonderful ways, or to support friends, colleagues or strangers in the quest to make a neurotypical world less challenging and more understanding.



## How to share the assets

These assets are designed to be easy to share across social media. You can pick what feels right and post it in your space. But here's a quick guide to where each format works best:

### Logos

Use as-is in your posts, newsletters, or websites to show you're part of AuDHD Day.

### Badges ('I am AuDHD' / 'I support AuDHD Day')

Post on social media, add to your profile picture, or drop into your email signature. A simple way to say: 'This is me.'

### Square Carousel Posts

Carousels are swipe-through posts for Instagram, LinkedIn, Facebook, Threads or BlueSky. Upload each set of images in order so people can scroll through them.

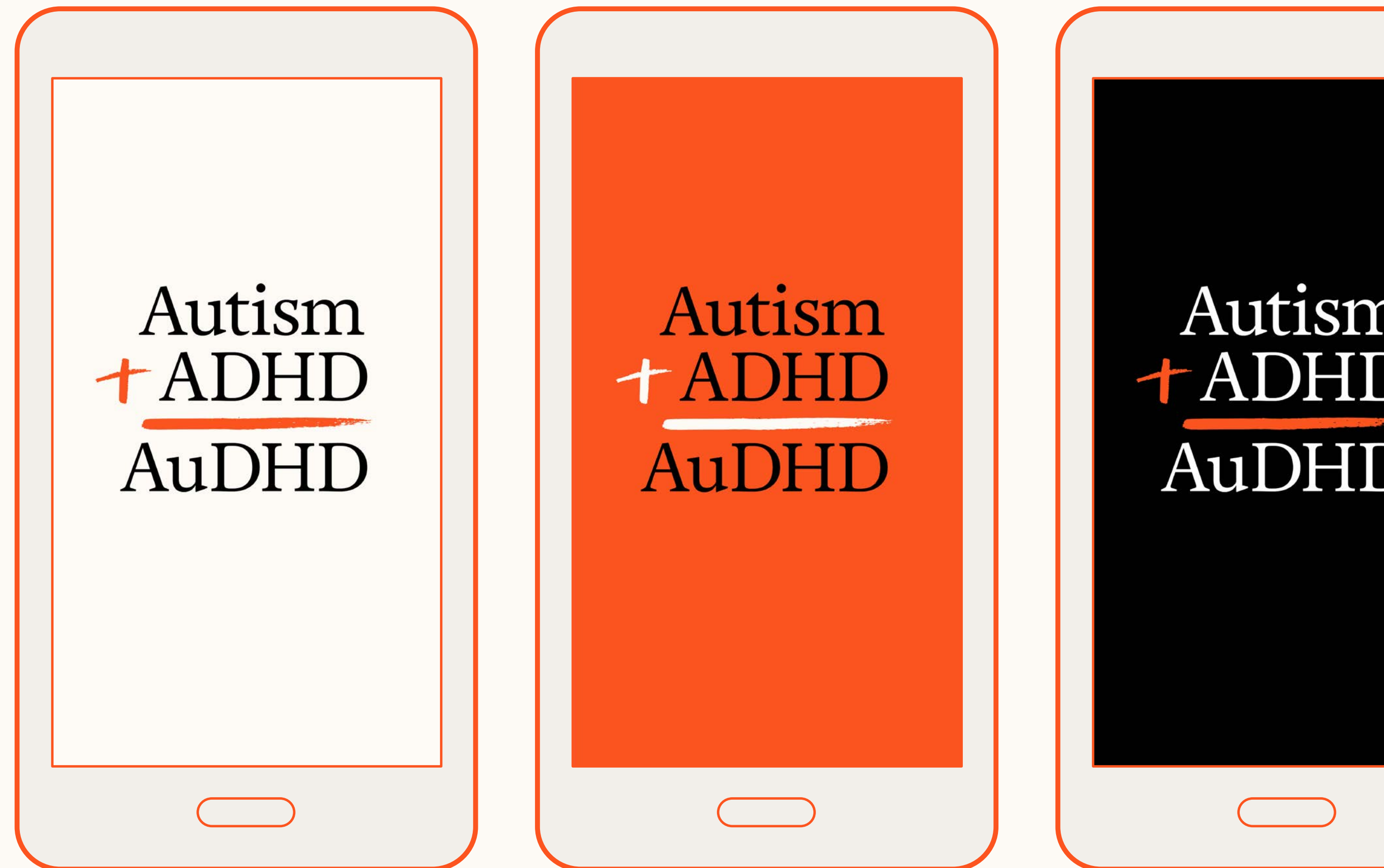
### Story/Reel Sets

Designed for Instagram Stories, Reels, TikTok, Threads, BlueSky or Snapchat. Post them as slides one by one, or join them into a short video.

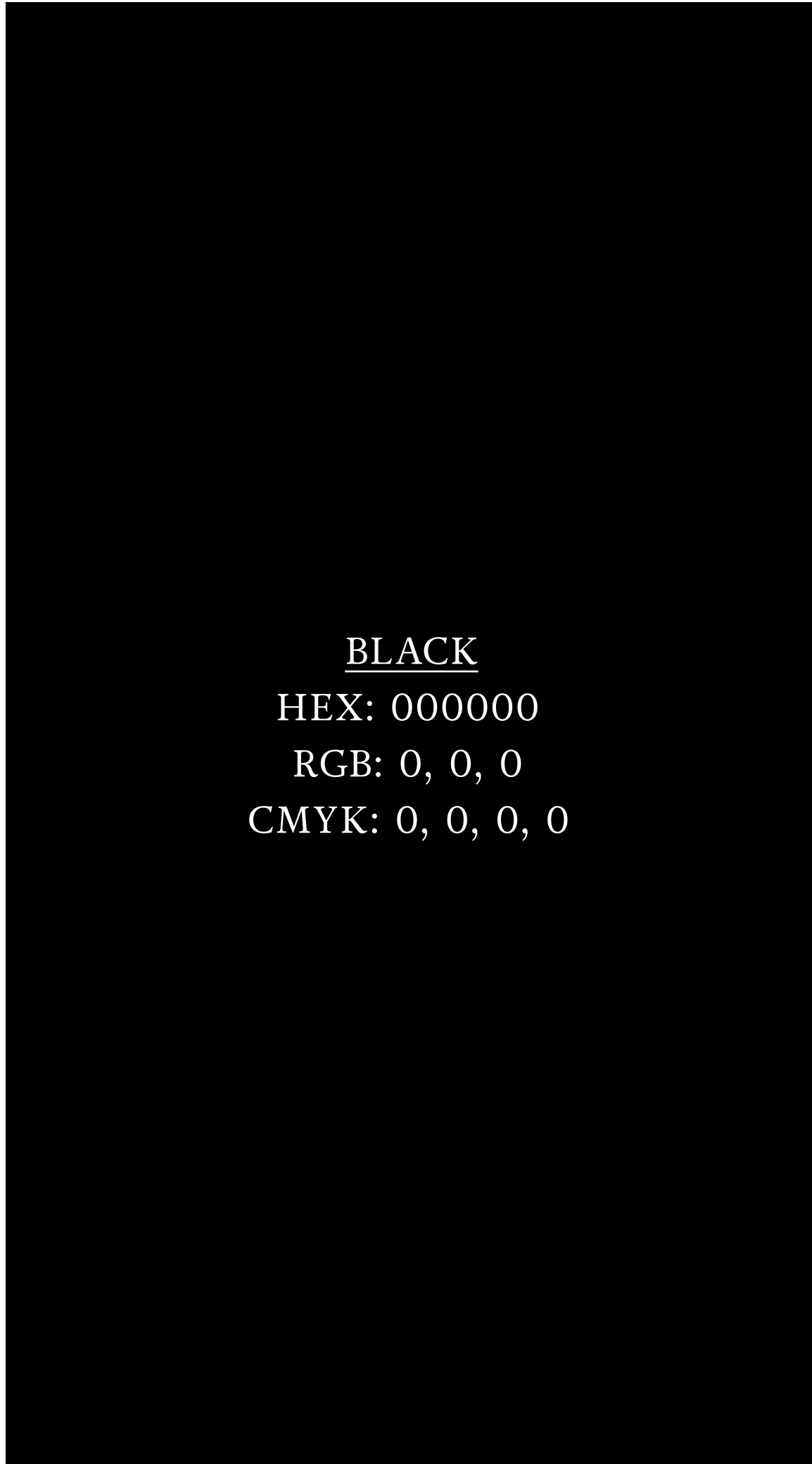
### AuDHD Sum Graphic

Flexible graphics you can use anywhere: websites, newsletters, social feeds, or banners. Just pick the shape that works best for the platform.

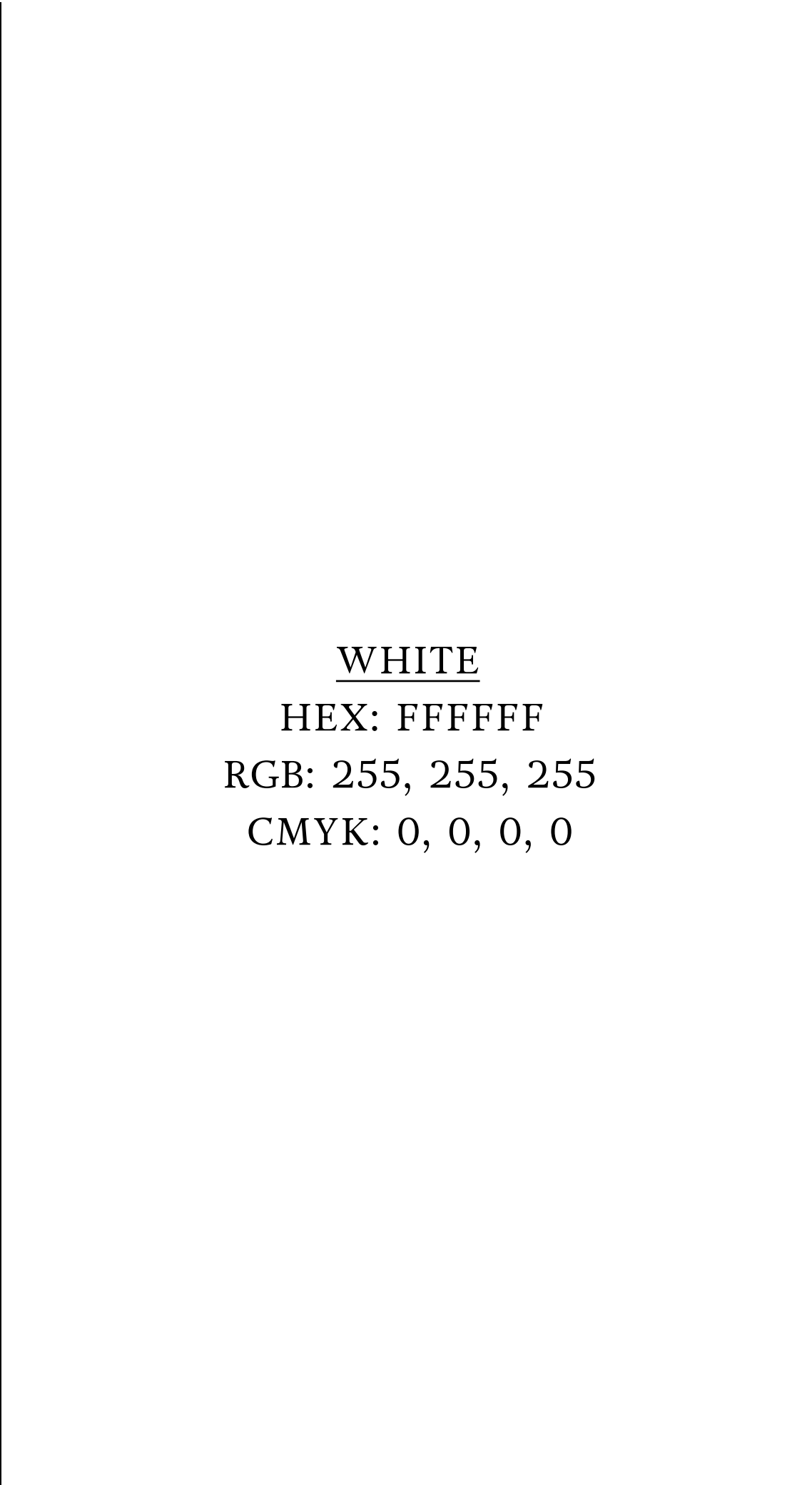
All the assets will work on any platform that supports images and short videos, so you can use them wherever your community is.




# Colour Palette



BLACK  
HEX: 000000  
RGB: 0, 0, 0  
CMYK: 0, 0, 0, 0



WHITE  
HEX: FFFFFFFF  
RGB: 255, 255, 255  
CMYK: 0, 0, 0, 0

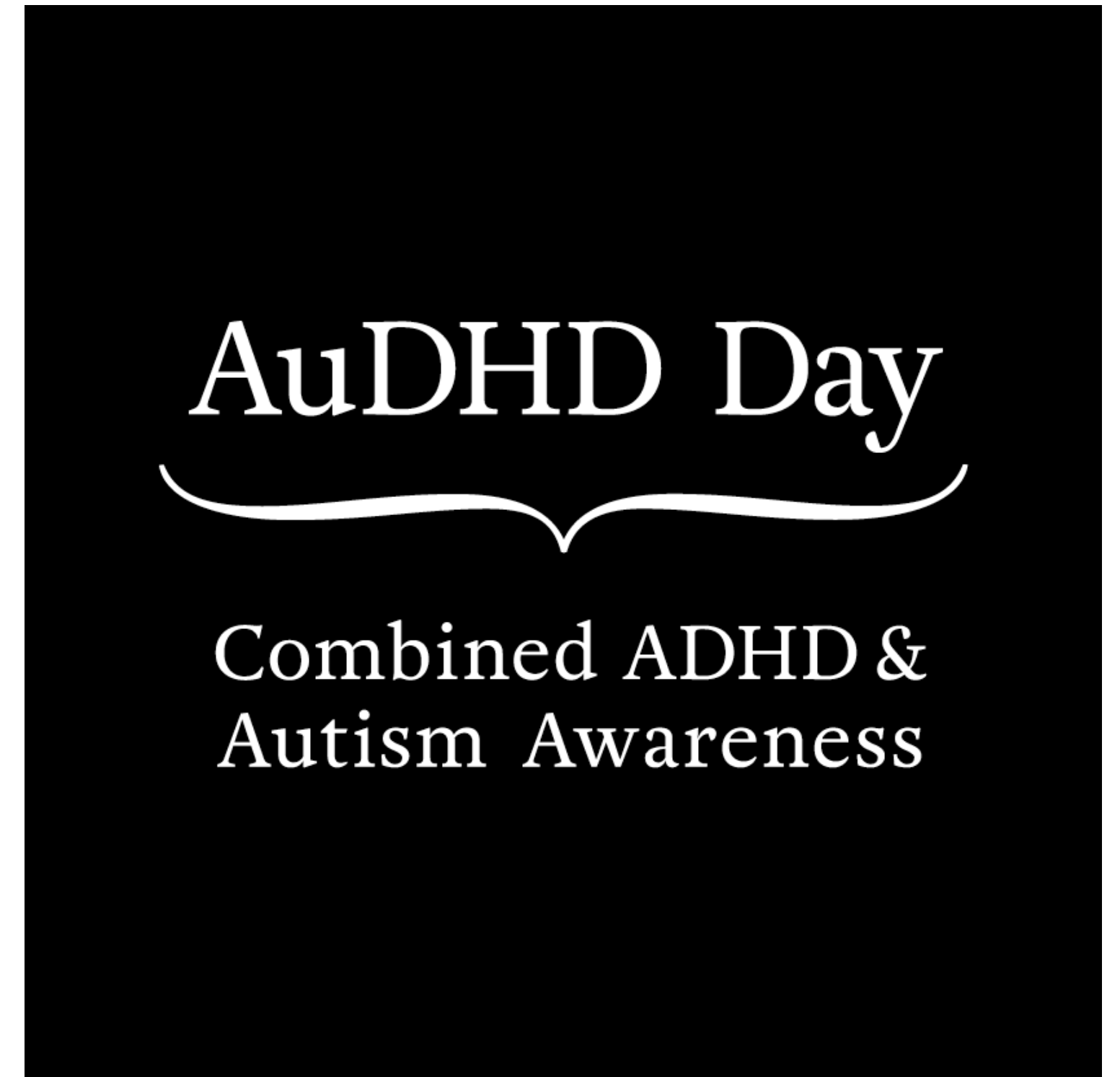
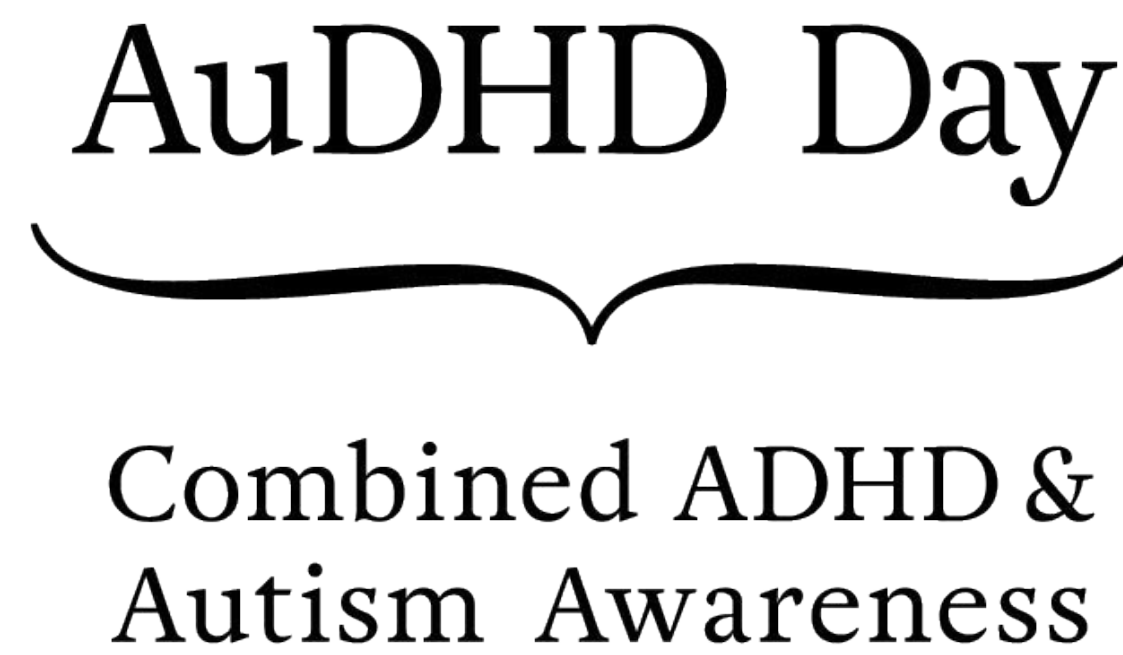
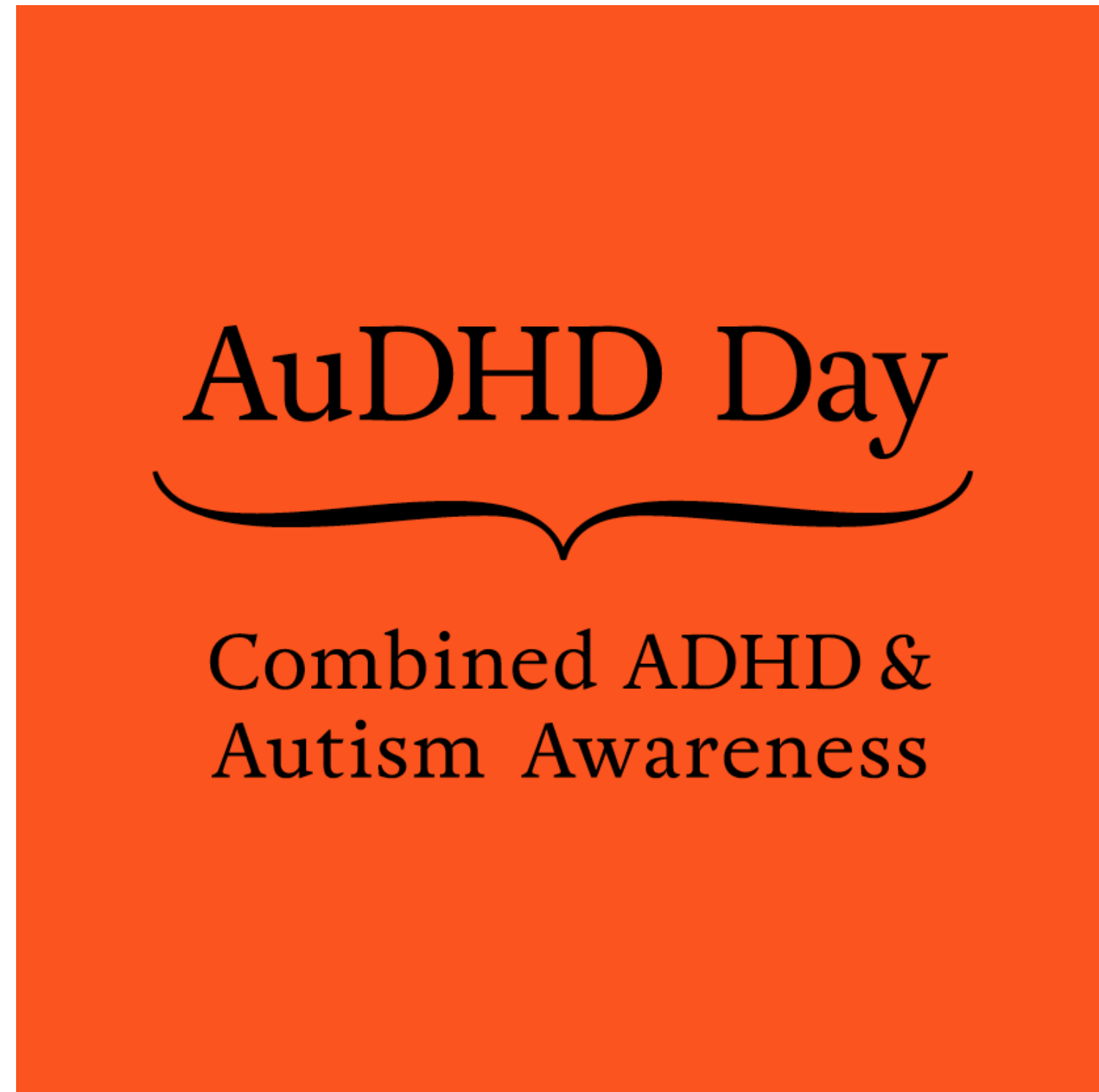


OFF-WHITE  
HEX: FEFAF4  
RGB: 254, 250, 244  
CMYK: 0, 2, 4, 0



ORANGE  
HEX: FD551F  
RGB: 253, 85, 31  
CMYK: 0, 66, 88, 1

# Logo



**I am AuDHD Badge**  
**I support AuDHD Badge**



## Square Carousel Posts 1: AuDHD Myth Buster

**Autism + ADHD AuDHD**

**'You can't be both autistic and ADHD'**  
\*Yes, you can. And many are.

**'They cancel each other out'**  
\*Nope. They blend, sometimes beautifully, sometimes bumpily.

**'It's just labels'**  
\*It's language. And for lots of us, it's the first thing that makes sense.

**AuDHD Day**  
Combined ADHD & Autism Awareness  
**9th September**

## Square Carousel Posts 2: AuDHD Strengths

**AuDHD Day**  
Combined ADHD & Autism Awareness

AuDHD can feel a bit like traits from both sides pulling in different directions

AuDHD strengths include creativity, focus, empathy, adaptability, honesty curiosity, humour and authenticity.

**9th September is AuDHD Day.**

## Square Carousel Posts 3: You might be AuDHD if...

**you  
might  
be  
AuDHD  
if...**

- You have three planners but forget what day it is.
- You hyperfocus on a task... then forget to eat, move, or sleep.
- You're either wildly early or completely lost in time. No in-between.
- You love a good routine. Until you're suddenly bored of it forever.
- You're sensitive to noise... but also obsessed with that one song you've had on repeat for six days.

- You're a perfectionist who starts ten things at once. Finishes none.
- You want to be left alone, but also want someone to notice and invite you.
- You crave structure, but on your terms.
- You overthink everything, instinctively.
- You've googled both 'Do I have autism?' and 'Do I have ADHD?' many times.

- You struggle to start a task, but once you do, you're unstoppable.
- You have too many tabs open. In your browser and brain.
- You've always felt a bit 'both'. Not one thing or the other. A glorious, tangled mix.

AuDHD Day

Combined ADHD & Autism Awareness



9th September

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# Story Set 1: AuDHD Myth Buster

Autism  
+ ADHD  

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AuDHD

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\* Yes, you can.  
And many are.

'They cancel each other out'

\* Nope. They blend, sometimes beautifully, sometimes bumpily.

'It's just labels'

\* It's language. And for lots of us, it's the first thing that makes sense.

AuDHD Day

Combined ADHD & Autism Awareness



9th September

## Story Set 2: AuDHD Strengths

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**you  
might  
be  
AuDHD  
if...**

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Combined ADHD & Autism Awareness



**9th September**

## AuDHD Sum Graphic (Square)

Autism  
+ ADHD  

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AuDHD

Autism  
+ ADHD  

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AuDHD

Autism  
+ ADHD  

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AuDHD

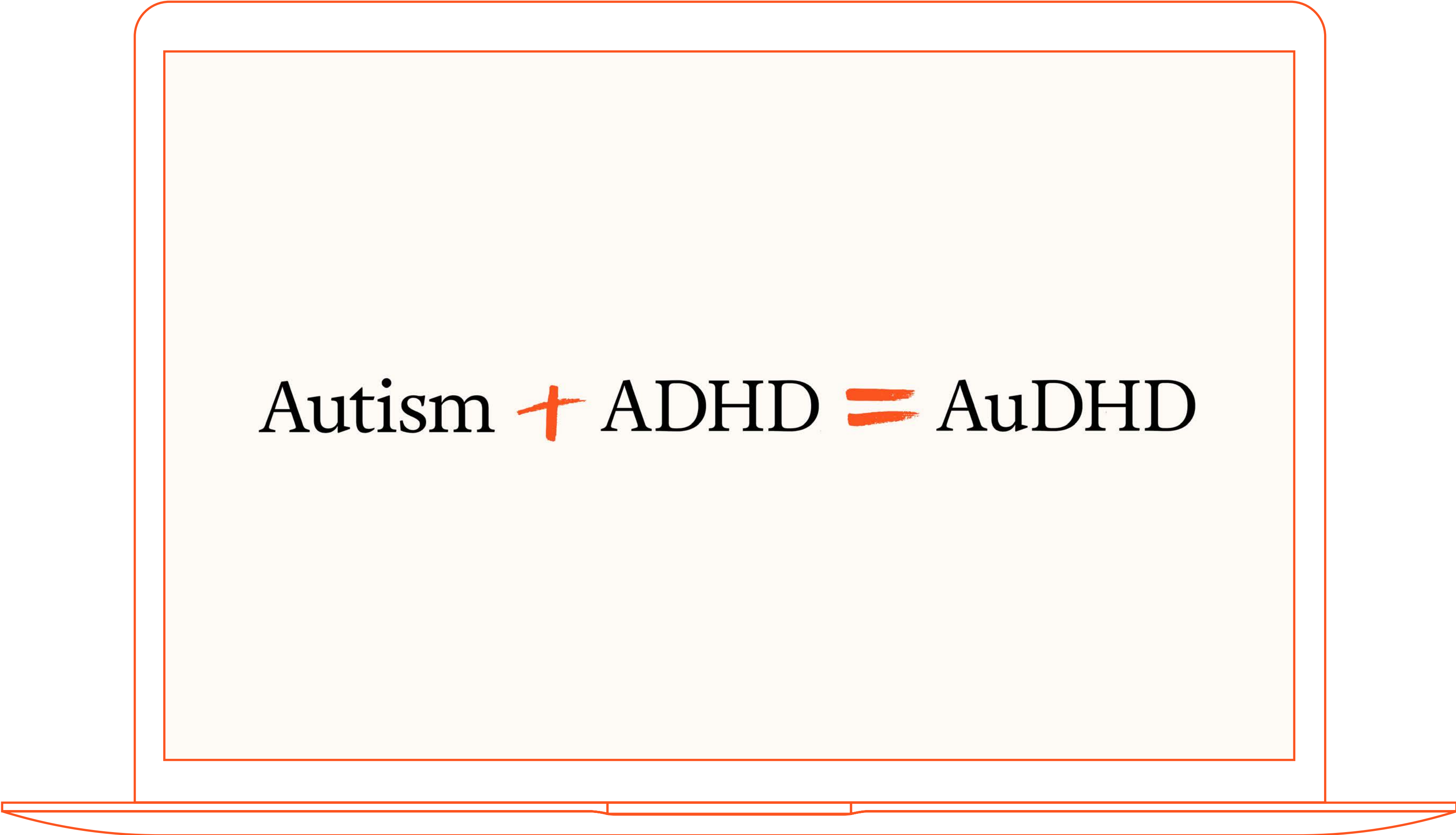
## AuDHD Sum Graphic (Portrait)



## AuDHD Sum Graphic (Landscape)

Autism + ADHD = AuDHD

Autism + ADHD = AuDHD



Autism + ADHD = AuDHD

## Share your story...

Want to share your story but don't know where to start?

Use the prompts below to record your own video or create your social media post. If you'd like to submit an article, you can email it over to: [hello@askfirebird.com](mailto:hello@askfirebird.com).

Do you have AuDHD?

When were you diagnosed with autism? (Self-diagnosis is valid)

When were you diagnosed with ADHD? (Self-diagnosis is valid)

How did you feel about your diagnosis?

What are you good at?

What do you struggle with?

What do you like?

What do you dislike?

How can people support you?

Thanks for supporting  
AuDHD Day

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