



# NLD VS. ADHD:

## Key Differences

Understanding the Differences Between Nonverbal Learning Disorder & ADHD

### What is Nonverbal Learning Disorder (NLD)?

- Strong verbal skills but struggles with nonverbal cues
- Difficulty with spatial awareness & coordination
- Challenges in social interactions & reading body language
- Trouble with abstract concepts & problem-solving

### What is Attention Deficit Hyperactivity Disorder (ADHD)?

- Difficulty focusing & paying attention
- Impulsivity & hyperactivity (in some cases)
- Struggles with organization & time management
- Easily distracted & forgetful

#### Key Differences

#### NLD

#### ADHD

|  |                             |                          |                               |
|--|-----------------------------|--------------------------|-------------------------------|
|  | <b>Verbal Communication</b> | Strong                   | Can struggle                  |
|  | <b>Nonverbal Skills</b>     | Weak                     | Normal                        |
|  | <b>Attention Issues</b>     | More with visual details | More with focus & impulsivity |
|  | <b>Social Challenges</b>    | Misinterprets cues       | Interrupts or forgets rules   |
|  | <b>Motor Coordination</b>   | Often clumsy             | Usually normal                |

#### Diagnosis & Support

**NLD** Identified through neuropsychological testing

**ADHD** Diagnosed based on behavioral assessments

Both benefit from therapy, structured learning, & executive function coaching



**Understanding the differences can lead to better support & success!**