

# Neurodivergent Survival Guide

Surviving While Disabled, Neurodivergent, and Targeted: Militant's Handbook.





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Disabled and neurodivergent people are not collateral in crisis, we are the first to be targeted, the first to be erased, and the first to die when systems collapse. But we are also the first to adapt, because we've *always* had to. This guide is for the wheelie queers, the mad trans femmes, the autistic organizers, the psych survivors, the trauma-mapped neurokin who live under medicalized control, state neglect, and ableist violence.

This is not just survival prep. It's a tactical doctrine written by and for disabled resistance. In a moment where the state tries to erase us, where eugenics returns cloaked in healthcare policy and disaster triage, we write this to say: You cannot kill what has already outlived your system.

This field guide arms you with:

- Infrastructure-level survival tactics for collapse.
- Neurodivergent communication tools for resisting arrest.
- Disability-informed go-bag strategies.
- Anti-institutional mental health protocols.
- Collective access as a militant form of mutual aid.

**We do not fight despite our needs. We fight because of them.**

We are not weak links. We are the ones who already learned how to live in the fire.

## Why This Guide Exists

**Disabled and neurodivergent people are not just survivors, we are strategists, pathfinders, and architects of futures that don't yet exist.**

We wrote this because we live this. Every disruption that others call a "crisis", we've already felt it in our bodies. The collapse of systems? The inaccessibility of institutions? The weaponization of bureaucracy? Those aren't new to us. For many of us, the apocalypse didn't start yesterday, it's always been here.

This guide exists because **disabled and neurodivergent folks have already been surviving a world that wasn't built for us**. We know what it means to navigate a system designed to forget us, punish us, or erase us entirely. We are the ones who've hacked social services, re-engineered daily life, built mutual aid out of necessity, and created networks of care when there was no infrastructure. And now, as fascism escalates and the state doubles down on criminalization, austerity, and eugenics? Y'all are gonna need us more than ever.

We wrote this **for us**, but make no mistake: **our survival is everyone's survival**.



🧠 Neurodivergent people often develop extraordinary adaptive capacities: pattern recognition, emotional radar, sensory depth, divergent thinking. These are not “deficits”, they are *operational edge*. They let us see cracks in the system and navigate through them, even as they cut us.

♿ Disabled people have been running underground logistics long before supply chains collapsed. We’ve been fighting for access, crafting alternatives, and building resilient life strategies while the world pretended we didn’t exist. That’s not just survival, that’s **resistance engineering**.

This guide exists because:

- **Ableism is a system of control**, and it gets worse under fascism. Whether it’s cuts to disability benefits, “right to die” coercion dressed up as compassion, denial of medications, or institutionalization disguised as care, this is state violence. We name it. We fight it.
- **Neurodivergence is not a threat**. The state treats non-conformity in cognition and behavior as dangerous. But the real danger is a society that only values productivity, obedience, and legibility to institutions. We refuse to contort ourselves into that mold.
- **We are already targeted**. Disabled trans people are among the first thrown under the bus when laws are passed, shelters close, or healthcare collapses. We are visible when convenient and invisible when we need care. This guide offers tools to stay safe, stay free, and stay alive.
- **We already have tools**. Whether it’s stim toys or spreadsheets, body maps or blackout curtains, telepathy through eye contact or community built through group chats, we have methods. What we lack isn’t capacity, but recognition. This guide amplifies our methods and adds more.

**To be disabled or neurodivergent in a collapsing empire is to already know the rhythm of rupture.** It means you already know how to survive shutdowns, blackouts, cancellations, threats. You’ve lived through moments when your needs were too complex, too expensive, too inconvenient. You learned to be resourceful, to rely on your people, to prepare for the worst while hoping for a world that sees you fully.

This guide exists **because your survival is a seed of revolution**.



## 1. Understanding Risk for Disabled People in 2025

### **Structural Risks**

- Cuts to Medicaid, SSDI, and homecare programs
- Institutionalization threats for unhoused or "unfit" people
- Eugenetic healthcare triage in disasters and crises

### **Social Threats**

- Police and carceral systems treating disability as a threat
- Criminalization of meltdown/shutdown behaviors, stimming, or atypical communication
- Anti-trans and anti-disabled rhetoric overlapping in extremist and state narratives

### **Individualized Risk**

- High dependency on infrastructure (power, mobility devices, medication)
- Difficulty evacuating, masking symptoms, or accessing shelters
- Neurodivergent communication styles misinterpreted as noncompliance

## 2. Adaptive Survival Tactics

### **Gear Up: Disability-Centered Go-Kit**

- Extra meds (in waterproof container)
- Written summary of conditions, needs, and care routines (laminated)
- Noise-canceling headphones or stim tools
- Chargers, batteries, glucose tablets, electrolyte packets
- Lightweight blanket, compression items, snacks safe for your body

### **Communication Access**

- Medical alert cards, communication boards, QR-coded needs doc
- Practice scripts or visual cards for interacting with cops or strangers
- Emergency phrase apps, AAC backups

### **Energy Budgeting & Mutual Aid**

- Create spoon-aware mutual aid pods
- Use pacing, planned rest, and assistive tech to stretch energy
- Share care plans with trusted folks who can advocate if you're nonverbal or shut down



### 3. Mental Health & Crisis

#### What to Know

- Psychiatric holds are used as political weapons, especially against trans and BIPOC people
- Mental health support is collapsing: community alternatives are key

#### What to Do

- Make a WRAP (Wellness Recovery Action Plan)
- Identify your crisis triggers and pre-warning signs
- Build a peer crisis response network, no cops, no institutions
- Store grounding tools: scent vials, comfort objects, playlists

### 4. Collective Access & Community Defense

- Design meetups and actions to include quiet zones, ramps, sensory breaks
- Train able-bodied allies to run support roles: push chairs, sign interpret, block stairs
- Create safehouses that are physically accessible and neurodivergent-friendly
- Push back on fascist eugenics with radical disability pride: visibility *can* be defiance

#### Helpful Tools

- **Apps:** Be My Eyes, Emergency Chat, Medisafe, Abridge, Google Lookout
- **Documents:** Disability Rights cards, Advance Directives, med + allergy lists
- **Books:** "Care Work" (Leah Lakshmi Piepzna-Samarasinha), "The Queer Art of Failure" (Jack Halberstam), "No Body is Disposable"



## Conclusion

You weren't built wrong. The world was built without you in mind. And every time you refuse to conform to that world, every time you stim in public, cancel a meeting, reclaim rest, speak in your own cadence, or take the time you need; you're cracking the system open.

**This guide isn't just about surviving. It's about remembering you were never meant to "fit in."** You were meant to build something different. Something softer, sharper, stranger. Something honest. Something liberatory.

**Your access needs are not extra. They are a design plan for a world worth living in.**

When we build around neurodivergent lives, everyone breathes easier.

When we name our overwhelm, we make space for others to do the same.

When we stop pretending, we're fine, we invite a revolution of truth.

Because the world doesn't get to tell us how to be human.

We show it how much better it could be.

You are not a burden. You are not broken. Your needs are not secondary to resistance, **they are resistance.**

We survive by demanding access *everywhere*, and by building it where it never existed.

They will not erase us.

## LEGAL DISCLAIMER

This guide is for informational, educational, and cultural use only. It is not legal advice. It does not encourage unlawful action. All recommendations should be evaluated in the context of local laws and community safety. Consult with trusted disability justice organizers, radical legal collectives, or ADA defense resources before acting in high-risk scenarios.

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