

Neurodiversity and menopause

Supporting your unique brain through midlife changes

At the Birmingham Menopause Clinic, we recognise that menopause doesn't look or feel the same for everyone—especially if you're neurodivergent. Whether you've been diagnosed with ADHD or autism recently, are awaiting assessment, or simply feel that your brain works a little differently, this stage of life can bring challenges that are often overlooked in mainstream care.

Hormonal shifts during perimenopause and menopause can affect:

- **Focus, memory, and executive function**
- **Emotional regulation and resilience**
- **Sensory processing and social energy**
- **Fatigue, motivation, and overwhelm**

Many women describe feeling scattered, overstimulated, or emotionally “out of sync”—and wonder whether it's just menopause or something more. You might find that long-standing coping strategies no longer work as well, or that traits you've kept hidden for years become harder to mask.

You're not imagining it. And you're not alone.

Why neurodivergence often becomes more noticeable at midlife

It's common for neurodivergence to become more obvious or harder to manage during the menopause transition. Before menopause, higher levels of oestrogen help regulate attention, mood, and cognition. As these hormone levels fall, many women experience:

- **A noticeable decline in mental clarity or focus**
- **Emotional sensitivity or dysregulation**
- **Increased sensory overwhelm**
- **More difficulty coping with daily demands**

This can unmask traits of ADHD or autism that were previously manageable or masked. For some women, menopause is the first time they begin to question whether they might be neurodivergent.

At the Birmingham Menopause Clinic, we understand this. In fact, many of the women we see are:

- Newly diagnosed with ADHD or autism in adulthood
- Waiting for an autism or ADHD assessment

- Exploring how menopause may be revealing longstanding, overlooked neurodivergent traits

A neuro-inclusive menopause consultation

Dr Jacqueline Radley is a GP and British Menopause Society-accredited with a clinical interest in the connection between menopause and neurodiversity, and has supported many women navigating both.

During your consultation, she can:

- Acknowledge and explore the overlap between menopause symptoms and neurodivergent traits
- Tailor the session to suit your communication and sensory preferences
- Provide clear, structured information and flexible planning
- Help you understand how hormonal shifts might be influencing your neurocognitive patterns

Dr Radley does not prescribe ADHD medication and does not offer formal neurodevelopmental diagnosis. However, she can work with you to manage the **hormonal, cognitive, and emotional aspects** of menopause that may be particularly difficult if you're neurodivergent.

What your care might include

Your personalised menopause care plan could involve:

- **HRT** to support hormonal balance and reduce symptoms like brain fog, mood changes, or sleep disruption
- **Non-HRT options** if you prefer or cannot take hormones
- **Supportive strategies** to help with focus, structure, and emotional resilience
- **Lifestyle guidance** around sleep, energy management, and sensory wellbeing—all tailored to your needs

This is a collaborative approach. You'll be invited to share what works for you, what doesn't, and what kind of support you feel most comfortable with.

What to expect

1. **Choose your preferred format:** in-person, phone, or video consultation
2. **Comprehensive consultation:** up to 45 minutes with Dr Radley to explore symptoms, routines, sensory needs, and goals
3. **Your plan:** built around you—your hormones, your brain, your life
4. **Follow-up:** appointments available to review your progress and adapt as needed

Menopause can unmask traits you've carried quietly for years—or

bring new challenges that are hard to explain. You deserve a space where your whole experience is heard and respected.

At the Birmingham Menopause Clinic, we're here to support you.

Get Started

Contact us today to book a neuro-inclusive menopause consultation. Please feel free to mention any support needs or communication preferences when booking.