Late Diagnosis in Autism & ADHD:
A Bajan Lived Experience

Resources & Further Support

Compiled by Xannah Moniq

About Xannah Moniq

Xannah Moniq is a Bajan-British content creator, speaker, singer, composer, poet, author, and multi-disciplinary creative. Born in the UK and raised in Barbados, she runs two brands:

Bajans Pun De 'Net (BPDN) — Exploring Bajan and Caribbean history, culture, and identity across YouTube, Instagram, TikTok, and Facebook.

AuDHD Unmasking — Documenting her personal neurodivergent journey — late-diagnosed with Autism Spectrum Condition (October 2025) and ADHD (January 2026).

Xannah's motto: Remember. Respect. Revive.

Visit her Linktree for all links — linktr.ee/xannahmoniq

Support in Barbados

Autism Association of Barbados

Est. 2004. A community organisation supporting autistic individuals and their families. Now has a permanent headquarters and life skills training centre at the corner of Dayrells Road and Garrison Road, St Michael.

For families, caregivers, and autistic individuals seeking community, advice, and support.

Albert Cecil Graham Development Centre (ACGDC)

A free, multidisciplinary assessment and rehabilitation service operated by the Ministry of Health and Wellness. Provides assessments for autism, ADHD, speech and language, developmental delays, and related conditions.

Free at point of delivery for Barbadian citizens. Located in Bridgetown, St Michael.

Barbados Council for the Disabled (BCD)

An umbrella organisation for disability groups in Barbados. Provides accessible transportation, braille services, sign language interpreters, property assessments, and inclusion initiatives.

barbadosdisabled.org.bb

National Disabilities Unit (NDU)

Government body promoting the empowerment, integration, and rights of persons with disabilities in Barbados. Can signpost to relevant services and support.

Ministry of People Empowerment and Elder Affairs

Student Support Services

Established in 1997 under the Ministry of Educational Transformation. Supports parents, teachers, and guidance counsellors, and addresses the behavioural, emotional, social, and intellectual needs of students.

A key pathway for children and young people in Barbados's school system.

Rights of Persons with Disabilities Act 2025

Passed in 2025 and in force from 2 January 2026. This legislation explicitly requires employers to provide reasonable accommodation for persons with disabilities, including neurodivergent people — covering environment, communication, workload, location, and hours.

If you are a neurodivergent adult in Barbados, you have legal rights in the workplace. Know them.

Diaspora & Online Support

The following are independent organisations and communities that may be helpful for Black, Caribbean, and African-Caribbean neurodivergent people. These are listed as signposting suggestions only — Xannah Moniq is not affiliated with any of these organisations.

Black SEN Mamas

A community and support network for Black parents and caregivers of children with special educational needs and disabilities. Centering the experiences of Black families navigating systems that weren't designed with them in mind.

ADHD Babes

A community specifically for women and non-binary people of colour with ADHD. Peer support, resources, and a space where cultural context is understood.

Autism in Black

A platform and community dedicated to Black autistic people and their families. Addresses the intersection of Blackness and autism in a culturally grounded way.

AuDHD Unmasking

Xannah Moniq's own platform, documenting her journey as a late-diagnosed AuDHD adult with a Bajan and Caribbean lens. Follow on Instagram and TikTok.

Find Xannah on all platforms — linktr.ee/xannahmoniq

Key Facts

About AuDHD

AuDHD refers to the co-occurrence of Autism Spectrum Condition (ASC) and Attention Deficit Hyperactivity Disorder (ADHD). Research suggests significant overlap between the two conditions. When both are present, they interact — masking each other and amplifying each other — in ways that single-diagnosis frameworks often miss.

Barbados Service Data

By the end of 2023, the Albert Cecil Graham Development Centre had 5,972 registered patients. Referrals rose from 147 in 2019 to 262 in 2023. The speech and language waiting list reached 407, while the service operated under serious staffing pressure. Autism was the primary diagnosis among children referred for speech and language therapy.

Source: Barbados Health Report 2023, Ministry of Health and Wellness.

Regional Diagnosis Gap

A 2024 study across Latin American and Caribbean countries found that caregivers noticed developmental concerns at around 22 months on average — but the diagnosis didn't arrive until around 43 months. That is a gap of roughly 21 months between a family knowing something is different and anyone officially confirming it.

Source: Montiel-Nava et al. (2024). Age of autism diagnosis in Latin American and Caribbean countries. Autism, 28(1), 58-72.

What Late Diagnosis Can Look Like

A person may grow up being called lazy, rude, disorganised, dramatic, too quiet, too loud, too emotional, inconsistent, or difficult. They may cope well enough to pass — but not well enough to feel safe, steady, or understood. Late diagnosis does not mean the traits arrived late. It means the language, recognition, and support arrived late.

"The next generation of Bajan children, teenagers, and adults should not need a lifetime to be understood."

— Xannah Moniq

Remember. Respect. Revive.

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