

Dyspraxia Awareness



Dyspraxia symptoms in children

Developmental co-ordination disorder (DCD), also known as **DYSPRAXIA**, is a condition affecting physical co-ordination. It causes a child to perform less well than expected in daily activities for their age, and appear to move clumsily. This condition often causes continued problems into adulthood.

- Difficulty with movement such as hopping/skipping, catching a ball, using cutlery, writing and drawing
- Tripping and stumbling more than usual
- Difficulty with buttons and zips
- They commonly also struggle with following instructions, concentrating, organizing and being part of a team
- They often have low self-esteem and feel frustrated or angry because they cannot manage the same skills as their friends

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/>

As an adult, dyspraxia may cause difficulty with:

- Co-ordination, balance and movement
- Learning new skills, thinking, and remembering information at work and home
- Daily living skills, such as dressing or preparing meals
- The ability to write, type, draw and grasp small objects
- Functioning in social situations
- Dealing with emotions
- Time management, planning and personal organisation skills

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia-in-adults/>

Verbal dyspraxia: Dyspraxia can impact on the control of individual muscle groups, including those connected to the eyes (affecting sight) and also those affecting speech. Dyspraxia can also have an impact on how the brain sequences the order of words. Verbal dyspraxia can make it difficult for some people to articulate their speech, which can lead to frustration and misunderstanding.

Overlap with other conditions It is common for dyspraxia to co-exist with other neurodivergent conditions such as ADHD, autism, dyslexia and dyscalculia.

Dyspraxia and mental health. Dyspraxia is not a mental health condition. People with dyspraxia may however be at a higher risk of developing mental health problems, including anxiety, depression and social withdrawal.



Dyspraxia and work

People with dyspraxia/DCD may have difficulty with:

- Choosing a job that suits their strengths.
- Having the confidence and organisation to apply effectively for jobs or promotion.
- Operating office equipment and computers
- Organizing workload and meeting time targets
- Verbal communication - such as following oral instructions and taking part in discussions
- Written communication - handwriting and general writing skills
- Memory and concentration.

[Dyspraxia in the Workplace \(dyspraxiafoundation.org.uk\)](https://dyspraxiafoundation.org.uk/neurodiversity-dyspraxia-guide.pdf)
[neurodiversity-dyspraxia-guide.pdf \(gmb.org.uk\)](https://gmb.org.uk)

Treatment

There is no cure for dyspraxia but there are therapies that can help manage the condition:

Occupational therapy to help with practical solutions to manage everyday tasks

Cognitive Behavioural Therapy (CBT) is a talking therapy to help manage problems by changing ways of thinking and behaving

You can also contact Occupational Health for support in the workplace.