

Holly, 24 years old from Surrey



How does Dyspraxia affect you?

Hate labels in clothes
Tripping over untied shoes
Difficulty expressing thoughts
Covered in bruises
No matching sets of kitchenware
Always losing things – currently 2 Pandora bracelets, 1 DS and 1 Ipod are still missing
Nice clothes covered in food
Difficulty managing time
Jumper or coat always hanging over one shoulder
I have all just learnt how to swallow tablets at 22 years old

When were you diagnosed?

16 when under CAMHS and my clumsy habits were discussed

What is your experience of seeking a diagnosis as an adult?

What does having a diagnosis means to you?

Reassurance it's not my fault
A reason that gives employers and education understanding into how to support me

Have you received any support? (if yes, please include brief details)

Speech to text computer software at university
Extra admin support and time at work
Attending meetings in person to supplement my written work in the workplace

What are the most difficult aspects of living with dyspraxia?

The negative impact on your self esteem, self worth and confidence. Secondary would be the anxiety and fatigue it causes.

How would you like to see things change for adults with dyspraxia?

Understanding of how dyspraxia affects all aspects of your life. You don't have to be mentally or physically disabled to have dyspraxia. Dyspraxia has nothing to do with intelligence. It needs to be acknowledged that individuals with dyspraxia are working doubly hard to complete everyday tasks.

Please add any additional information you feel would be relevant

I work full time and live independently with my fiancé in the flat we have just bought. My message/motto would be hard work pays off. Dyspraxia helps me be a better person, better healthcare professional, better human. Try to embrace dyspraxia as much as you can. Don't give yourself a hard time. It may take you longer to do things, but that doesn't mean you should stop. Celebrate small wins and be proud of yourself. Practice makes perfect and nobody cares if you're not good at sports! Also patterned tops are a godsend.