

HOW WOULD YOU LIKE TO SEE THINGS CHANGE FOR ADULTS WITH DYSPRAXIA?



On 26th July, the Dyspraxia Foundation called for Case Studies from adults living with dyspraxia to support Dyspraxia Awareness Week, 6 – 12th October 2019. Thank you to the 40 adults who responded and kindly gave their consent for us to share their personal story to highlight this year's campaign which focusses on dyspraxia in adulthood.

The case study form included several questions about the individual, their diagnosis and experience of living with the condition. Here are some of the comments in answer to the question 'How would you like to see things change for adults with dyspraxia?'

Have meetings in work and event days to raise awareness at local youth groups and social outings.

Automatic acceptance onto the PIP scheme to make access to support easier.

More understanding so people accept it when I need help.

More workplace awareness and training.

Make it easier to get diagnosed.

More awareness, more support. More understanding, more understanding people don't grow out of things, more understanding more people need me time in life to get to different milestone.

More research into the cause, but also coping mechanisms. At the moment it seems very "crowd sourced" but I would love for some properly funded research to be done to see what the best techniques for learning/memory are for example.

More awareness and more support. Employers never tend to know what my disability is and how it manifests itself and there's a lack of awareness in society more generally. I think awareness might lead to more support, but there needs to be more readily available ways of getting a diagnosis and tools on how to get support you need when you're an adult with dyspraxia.

More accessible support and awareness in the workplace. It feels like some people don't believe I have a disability because they've never heard of it or because they can't see the problems I am facing.

Firstly, a great deal more awareness must be brought about dyspraxia as I believe adults diagnosed with it may feel shame as I did a little over a year ago (initially). This would help people to understand its ok to be a little different. This is all about understanding everyone is different and that make us human. Secondly, I think we need to offer more diagnosis for adults (and children) as I could have easily “slipped through the net” and I am certain there are a large number of adults who just try to ignore or power on through life without knowing they have a disability. This must impact their wellbeing enormously, just as it did mine. Just knowing you have something that makes you slower at writing, for example, brings a massive relief to stop putting pressure on yourself for being slower at handwriting.

I'd like to see means of support become more financially feasible so in essence cheaper and also for me personally, I'd like to see more funding given to the Dyspraxia Foundation to set up support networks in Leicestershire, and if I could personally get help to create a support network specific to Ashby-De-La-Zouch that would be a dream.

More awareness of the condition, for sufferers and the public.

Help for people unable to pay for private assessment. What you are doing by Adult Awareness makes people with the condition willing to say it's ok and nothing to be ashamed of.

I would like there to be greater awareness of the condition, which is lifelong and not just something that affects childhood.

I would like the NHS to recognise a standard diagnosis.

Refusal of reasonable adjustments in job applications should be fined and costs the company money as I want to report this everyday but nowhere to.

There needs to be lot more understanding in the workplace. Essentially most workplaces now are competitive environments and I think disabled people are still seen as problematic by many employers, unfortunately. There is some good practice out there, though.

I would like to see more publicity about it. Nobody knows what it is if I tell them. More understanding and support in the workplace.

More recognition by the NHS. More funding for research and diagnosis for adults.

More understanding so I wouldn't have to explain it to everyone I meet. Easy adjustments for workplaces. Less stigma.

More awareness of what the condition means. I routinely get told by friends that I should really just give driving a go and that everyone struggles with it when they start. They don't understand that the way my brain works makes it impossible for me to drive safely.

I want to see more social groups and events for adults with dyspraxia. More exposure from employers. I hate being judged for what I am then who I am, but feel that comes from individuals.

More widespread awareness in general for those who do not have the condition, particularly for educators and employers. Most importantly, that anyone of 16 or over, thinking about higher education should have full information about Disabled Student Allowance which may influence their decision to undertake a degree.... and succeed!

I would love for adults to be able to access diagnosis through the NHS. I would also like there to be support for adults in terms of OT and PT. I have reduced mobility directly because of falls and injuries from dyspraxia but there are no services for people like me, all of the services are aimed at children or the elderly. I would also like more inclusive exercise options for people who are not wheelchair users but do struggle to access mainstream sports/exercise.

I would like to see it much more in mainstream media so it's more well-known and more fundraising.

For there to be more awareness of dyspraxia, recognition that life can be hard living with dyspraxia, but also many traits of dyspraxia are also good.

I am pleased by the steady growth in awareness and would like to see a continuous increase in this. There does seem still to be a huge tolerance issue, however, and this needs to change especially in the workplace.

I would like there to be more awareness about it.

I'd like to see them changed for children at school, then they will grow up into adults with better coping strategies. It would be great to see things like yoga classes on prescription because yoga has really helped me.

Even more awareness. More awareness in the workplace. I've had to describe to some managers exactly what it is.

Much more understanding – they are real people with real feelings.

I would like there to be more recognition of the comorbidity with executive function difficulties (the DAMP Scandinavian model recognising the combination of attentional and motor difficulties). I wish all adults with dyspraxia could have access to disabled parking spaces. I would also like to see standard job interview recognition that people with dyspraxia don't necessarily do a good interview when presented with a box ticking exercise to show what experience they have for a job. I think the current 'box ticking' interview method positively discriminates against candidates with dyspraxia.

In this age of technology there are several things available to help with the things I mentioned above, early diagnoses would help sufferers immensely more importantly raising awareness would prevent people like myself from being labelled as stupid.

I think a lot of what needs to change is around awareness. I still get asked today when I tell people "So is that like dyslexia?" I think, certainly employers need to be more aware of hidden disabilities in general, not just dyspraxia. Which is why I think awareness weeks are so important in talking about the problems and challenges that people face.

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.

I'd like there to be more information readily available and generally more public awareness particularly about how dyspraxia is about far more than just clumsiness. I think it can be hard to disclose at work because to someone uneducated in the issue it can come across as making excuses for not working hard enough or being careless.

I'd like there to be more awareness and more acceptance. Despite the Equality Act (and people often don't accept dyspraxia as being covered by the Act) far too much depends on the attitude and behaviour of individual managers, and HR staff. DWP, too, need to be fully aware of the implications of dyspraxia – particularly those staff or contractors assessing PIP applications

I would like to see improved rates of diagnosis and access to support, particularly for university students, who might feel misunderstood in academia as a result of their dyspraxia, which few academics have heard of. I would be interested in helping to develop a support booklet/guide for Dyspraxic students. I would also like to see greater awareness of the strengths of dyspraxic adults, as the focus tends to be on weaknesses and difficulties when we define dyspraxia. I would also like to be involved in further research into dyspraxia, which can shed greater light on adults' affordances.

Tailored support available through the NHS for dyspraxia adults. Physical activities being more accessible for those with dyspraxia. Those who provide the activities getting training in working with those with dyspraxia.

**Further information available from:
Dyspraxia Foundation, 8 West Alley, Hitchin, Herts SG5 1EG
Tel: 01462 454986 (Helpline) / 01462 455016 (Administration)
Fax: 01462 455052 Email: dyspraxia@dyspraxiafoundation.org.uk
Website: www.dyspraxiafoundation.org.uk
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