

**The aims and objectives of Dyspraxia Foundation National Adult Support Group are as follows:**

**Diagnostic:** To lobby for clear assessment pathways for adults.



**Education:** To support adults effectively in higher/ further education (Colleges and Universities)



**Employment:** Adults to be fully supported by employers, employees, jobcentre plus and other employment agencies.



**Public Awareness:** To promote awareness and positivity of DCD (Dyspraxia) among professionals in health, education, employment and the general public.

**Dyspraxia Foundation National Adult Support Group (DFNASG)**

**Facebook page:**

<http://www.facebook.com/pages/Dyspraxia-Foundation-National-Adult-Support-Group/292164890796177>

The Dyspraxia Foundation has a dedicated Adult Representative nominated by the membership each year to represent the views of adults with dyspraxia on the Board of Trustees. Contact the Adult Representative via the Dyspraxia Foundation



**DYSPRAXIA  
FOUNDATION**

recognising developmental  
co-ordination disorders

Dyspraxia Foundation  
8 West Alley,  
Hitchin,  
Hertfordshire  
SG5 1EG

**Helpline: 01462 454986 (9am - 5pm, Mon - Fri)**

**Email: [dyspraxia@dyspraxiafoundation.org.uk](mailto:dyspraxia@dyspraxiafoundation.org.uk)**

**Administration: 01462 455016**

**Fax: 01462 455052**

**Email: [admin@dyspraxiafoundation.org.uk](mailto:admin@dyspraxiafoundation.org.uk)**

Registered Charity No 1058352  
A Company limited by guarantee  
Registered in England No 3256733

See [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk) for a wide range of useful information, free downloads and an online shop for books, goods, donations and membership subscriptions.

# ADULTS WITH DYSPRAXIA



**DYSPRAXIA  
FOUNDATION**

recognising developmental  
co-ordination disorders

Helpline:  
**01462 454986**  
(9am - 5pm, Mon - Fri)



## DCD (Dyspraxia) Definition

Dyspraxia is a common disorder affecting fine or gross motor coordination in children and adults. This lifelong condition is also known as Developmental Coordination Disorder (DCD), a condition which is formally recognised by international organisations including the World Health Organisation. DCD is distinct from other motor disorders such as cerebral palsy and stroke and occurs across the range of intellectual abilities. Individuals may vary in how their difficulties present; these may change over time depending on environmental demands and life experience.

An individual's co-ordination difficulties may affect participation and functioning of everyday life skills in education, work and employment.

Children may present with difficulties with self-care, writing, typing, and riding a bike and play as well as other educational and recreational activities. In adulthood many of these difficulties will continue, as well as learning new skills at home, in education and work, such as driving a car and DIY.

There may be a range of co-occurring difficulties which can also have serious negative impacts on daily life. These include social and emotional difficulties as well as problems with time management, planning and personal organisation and these may also affect an adult's education or employment experiences.' (Movement Matters, 2012).

## The Dyspraxia Foundation

Dyspraxia Foundation recognises that many people with DCD also experience difficulties with organisation, planning, memory and processing speed. While DCD is often regarded as an umbrella term to cover motor coordination difficulties, dyspraxia refers to those people who have additional problems planning, organising and carrying out movements in the right order in everyday situations.

The Dyspraxia Foundation also recognises that dyspraxia can affect speech. While there is no known cure for DCD/ dyspraxia, treatment will alleviate many of the difficulties and individuals can be helped to develop strategies to enable them to better manage everyday activities in all areas of their life.

## Causes

Although the exact causes of DCD/dyspraxia are unknown, it is thought to be caused by a disruption in the way messages from the brain are transmitted to the body. This affects a person's ability to perform movements in a smooth, coordinated way. These difficulties are present from birth.

## Recognition

**An adult with (DCD) Dyspraxia may have the following difficulties:**

- Movement and coordination: Including large movements such as walking and balance, and fine motor skills such as writing and using a sticky tape dispenser.
- Speech and Language: May talk slowly and ponderously, repeat him or herself or have difficulty with pronunciation.
- Visual Problems: Problems tracking text when reading or looking quickly at information. There may also be difficulties with focus and coordination of the eyes.
- Perceptual Difficulties: i.e. interpretation of information by the different senses. People with dyspraxia may find organisation, memory, sequencing, concentration and time management to be areas that require additional effort.
- Sensory sensitivity: e.g. heightened sensitivity to sound, light, touch or certain fabrics. People may find it difficult to cope in a noisy environment or to work in brightly lit areas.

## Positives about (DCD) Dyspraxia

- Creative – The Arts such as music, painting, photography etc.
- Original/ Lateral Thinkers – 'Think outside the box' – Entrepreneurs
- Problem Solvers.
- Logical.
- Methodical.
- Task Orientated.
- Good Long Term Memories.
- Good General Knowledge – Facts etc.
- Determined.
- Hard Working.

## Self-help Strategies

- If you need a diagnosis ask your GP to refer you to an Occupational Therapist (OT) for assessment or if in education ask the disability adviser to refer you to an Educational Psychologist.
- Establish a routine for work, rest/ relaxation, eating meals and have regular sleep patterns.
- Exercise regularly – it reduces stress, increases muscle tone and helps with posture.
- Eat a regular healthy balanced diet at regular times; it reduces mental fatigue.
- Take regular breaks if possible even if it is only 5 minutes as this will reduce mental fatigue and stress.
- Be aware of your rights such as the Equalities Act 2010; Part 4 – higher/ further education and part 5 – employment.
- Coloured overlays/ glasses may help to reduce mental fatigue.
- Use sticky notes and a daily planner to help with time management and organisational skills.
- Use pens with a wider body to help with grip and reduce pain in your writing hand.
- If living independently; set up direct debits to pay regular expenditure such as rent, council tax, electric, gas, water, TV licence etc.
- Identify your strengths and difficulties to maximize your career path and potential as well as where you need support.
- Access local help and support as required from councils, authorities and other services such as Remploy and Disabled Employment Adviser including Access to Work.
- Speak to Citizens Advice Bureau (CAB) for benefit support – Disabled Student's Allowance (DSA), Disabled Employment Allowance (DEA).
- Getting involved with local support groups and the Dyspraxia Foundation can have a positive effect on confidence, self – esteem and reduce social isolation. Dyspraxia Foundation National Adult Support Group is a facebook page for Adults with DCD (Dyspraxia) of adult age and all backgrounds.
- Be social with friends to reduce social isolation and have confidence to openly talk about DCD (Dyspraxia) as this will raise public awareness.
- Learn life skills as early as possible (cooking, ironing, shopping for food/ clothes, laundry etc) to gain confidence in your own abilities and raise self – esteem.
- Don't be afraid or ashamed to ask for help.