



DYSPRAXIA CENTRE OF EXCELLENCE

Adolescent Guide 13-19

What is Dyspraxia?

Dyspraxia, also known as Developmental Coordination Disorder (DCD), is a neurodevelopmental condition and a recognised disability protected under the Equality Act 2010.

Dyspraxia impacts executive functioning, emotion, motor planning, motor coordination, and sensory processing.

Many Dyspraxic individuals are tenacious, creative and 'out of the box' thinkers.

What might feel harder?



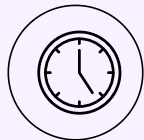
Living skills

- Navigating bus routes, working out money, orienting around shopping centres or cities, and finding house keys
- Difficulty with makeup, shaving, personal grooming, dressing and fatigue impacting independence
- Difficulty learning complex motor skills (e.g. driving).



Education

- Note-taking, map reading, extended writing, graphs and diagrams
- Organising, planning, and completing long-term projects, judging time and capacity.
- Managing transitions and workload demands



Social-Emotional

- Withdrawal from hobbies and groups due to stress or anxiety
- Increased risk of emotional dysregulation and low self-esteem
- Fatigue from sustained motor or cognitive effort



What might help?

Reducing executive load, motor demands, and fatigue, while promoting autonomy, self-advocacy, and self-efficacy examples include:



- Assistive technology, e.g. laptops, speech-to-text, audio recording
- Exam access arrangements, e.g. extra time, rest breaks, smaller or quieter rooms
- Reduced handwriting expectations, e.g. printed slides, shared notes, templates



- Learning supports, e.g. written instructions, task checklists, demonstration and repetition
- Organisation supports, e.g. digital planners, colour-coded folders, reminder apps



- Time management supports, e.g. phone alarms, visual timers
- Fatigue management strategies, e.g. planned rest periods after school or college
- Reduced sensory load, e.g. quieter environments, less visual distractions



- Structured social opportunities, e.g. interest-based clubs with predictable routines
- Self-esteem and emotions work, e.g. ELSA sessions, understanding interoception
- Adapted physical activity, e.g. individual or non-competitive exercise



Reading

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- World Health Organization. (2021). *International statistical classification of diseases and related health problems (11th ed.)*. <https://icd.who.int/>