



DYSPRAXIA CENTRE OF EXCELLENCE

Adult Guide 20-39

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 such as student loans, an overdraft or salary
- Moving away from your childhood home, orienting yourself around new areas



- Difficulty with personal grooming, particularly if dressing to a required standard, e.g. work uniform or fashion-forward to fit in with peers



- Organising, planning, and sequencing when to do laundry, or food shopping and what products are needed, particularly in sharing a communal space, such as student halls or a house share



Education and Employment

- Note-taking, extended writing, and typing large documents, such as a dissertation or thesis
- Deciphering university seminar schedules and navigating the campus or the workplace
- Multitasking, remembering new skills, judging time, capacity and managing transitions



Social-Emotional

- Withdrawal from social groups due to stress, anxiety or fear of failure
- Increased risk of emotional dysregulation, low mood 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:



- Academic and admin support, e.g. extra time, rest breaks, smaller or quieter rooms, dictation, text-to-speech
- Learning supports, e.g. written instructions, task checklists, demonstration and repetition
- Organisation supports, e.g. digital planners, colour-coded folders, guides and reminder apps



- Household support, e.g. ready meals, a cleaning schedule, easy wipes, items kept in familiar places



- Time management supports, e.g. phone alarms, visual timers
- Fatigue management strategies, e.g. planned rest periods after university or work and around family demands
- Sharing the cognitive load of family life with a partner
- Reduced sensory load, e.g. quieter environments and less visual distractions



- Structured social opportunities, e.g. cinema, a book club or any other activity if you are with the 'right' people
- Self-esteem and emotions work, e.g. such as mentoring, coaching or counselling
- Adapted physical activity, e.g. resistance band workouts, swimming or stationary cycle



Reading

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