



DYSPRAXIA CENTRE OF EXCELLENCE

Older Adult Guide 40+

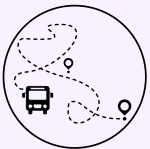
What is Dyspraxia?

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.

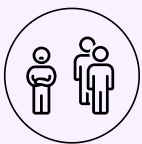
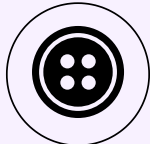
Many Dyspraxic individuals are tenacious, creative and 'out of the box' thinkers.

What might feel harder?



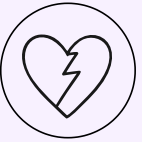
Living skills

- Navigating bus routes, working out money, orienting around shopping centres or cities, and finding house keys
- Difficulty with makeup, shaving, dressing, fastening buttons and styling hair
- Organising, planning, and sequencing, judging time and capacity
- Managing expected demands, such as providing childcare or juggling health appointments
- Carrying out household chores such as food shopping, meal preparation, and cleaning



Social-Emotional

- Withdrawal from hobbies and groups due to anxiety or fear of injury, particularly where falls have occurred
- Increased risk of emotional dysregulation and low self-esteem
- Fatigue from sustained motor or cognitive effort, compounded by natural age-related decline

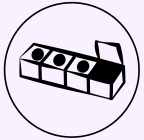


What might help?

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



- Assistive technology, e.g. large button keyboards or phones, speech-to-text, audio recording and audio books
- flexible hours, reduced workload, e.g. work from home, flexi-time, reduced hours requests
- Assistive equipment, e.g. adapted grip items, thicker or heavier items, non-slip mats



- Home supports, e.g. non-slip mats, grab rails, uncluttered spaces
- Organisation supports, e.g. digital planners, pill boxes, reminder apps



- Task management supports, e.g. phone alarms, whiteboards, and developing a simple routine
- Fatigue management strategies, e.g. planned rest periods after family events, work or volunteering
- Reduced sensory load, e.g. quieter environments, less visual distractions



- Structured social opportunities that are not heavily dependent on organisation and motor skills, e.g. cinema or book club
- Transport planning, e.g. keeping to familiar routes, being aware of fall risks such as wet leaves
- Spending time with safe and trusted people
- Adapted physical activity, e.g. regular low-impact exercise, such as walking or swimming



Reading

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