Dyspraxia Fact Sheet

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Flourish



coaching for women with adhd and anxiety

What is Dyspraxia?

Definition: Dyspraxia, or Developmental Coordination Disorder (DCD), is a neurological disorder impacting motor skill development and coordination. It is characterized by difficulties in planning and executing fine and gross motor tasks.

Key Characteristics

- **Fine Motor Skills Affected:** Challenges with activities such as writing and using utensils.
- **Gross Motor Skills Affected:** Difficulties with activities like running and jumping.
- **Cognitive Impact:** Influences memory, organization, and time management skills, which can affect learning and daily activities.
- **Additional Symptoms:** May include problems with speech, balance, and manual dexterity.

Diagnosis Criteria

- Motor performance significantly below expected levels for age and intellectual ability.
- Motor skills difficulties must significantly interfere with academic achievement, daily living activities, or vocational life.
- Recognized internationally by organizations including the World Health Organization.

Key Facts and Statistics

Prevalence: Affects 3-5% of children, making it relatively common.

Co-occurrence with ADHD: 30% to 50% of children with Dyspraxia may also have ADHD.

Dyspraxia in Adulthood: Continues into adulthood, with many adults remaining undiagnosed.

Dyspraxia vs. ADHD

Dyspraxia: Primarily impacts motor coordination and planning. Main challenges are related to physical tasks.

ADHD: Primarily impacts attention, impulsivity, and sometimes hyperactivity. Affects control of impulses and attention span.

Recognition & support

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Recognizing Dyspraxia in Adults

Checklist for Identification

- ☐ **Motor Skills:** Challenges with coordination and dexterity.
- ☐ **Organization:** Difficulties with planning and organizing tasks.
- ☐ **Social Interaction:** Social awkwardness or difficulty in social settings.
- ☐ **Emotional Well-being:** Feelings of anxiety or frustration with coordination tasks.

Steps to Diagnosis

- **Self-Recognition and Research:** Identifying persistent coordination difficulties.
- **Professional Consultation:** Consult with general practitioners and specialists like neurologists or psychologists.
- **Assessment and Evaluation:** Involves observational tests, motor skill tests, and interviews.

Management and Support

Therapies

- **Occupational Therapy:** Exercises to improve motor skills and daily functioning.
- **Psychological Support:** Helps with the emotional aspects of living with Dyspraxia.
- **Educational Adjustments:** Tailored learning strategies, use of technology aids, and individualized education programs (IEPs).

Support Networks

- Organizations such as the Dyspraxia Foundation and Movement Matters provide resources and advocacy.

Further Reading and Verification

- **Movement Matters:** An umbrella organization in the UK that specifically addresses developmental coordination disorders. Movement Matters
- **PubMed:** For peer-reviewed articles and studies on Dyspraxia, ADHD, and autism, searching PubMed can provide numerous scholarly articles. PubMed
- **National Center for Biotechnology Information (NCBI):** This is a good source for comprehensive articles on neurodevelopmental disorders and their co-occurrence. NCBI