



Dyspraxia

Dyspraxia or 'Developmental Co-ordination Disorder' is considered to be an impairment of the organisation of movement. Someone with Dyspraxia may also have associated difficulties with language perception and thought. Up to five percent of the population have Dyspraxia and it occurs across all intellectual abilities.

Dyspraxia is considered to be a specific learning difference, along with Dyslexia, ADHD and Autism Spectrum Conditions. It affects individuals differently so it is important not to assume someone with the condition is affected with all the potential difficulties listed below.

Physical

- Poor balance
- Poor hand/eye coordination or clumsiness
- Lack of dexterity
- Inability to grasp or manipulate things by touch
- Difficulty standing for long periods of time

Vision & Thinking

- Difficulty focusing on information, copying or proofreading
- Issues with spatial awareness
- Poor sense of speed
- Difficulty calculating distance or weight
- Slow reading pace
- Difficulty pronouncing words

Social Skills

- Doubting ability (especially in a professional capacity)
- Struggling in groups/team activities
- Difficulty making conversation or answering questions 'on the spot'
- Fear of trying new things and meeting unfamiliar people

Whether you have a friend, colleague, student or employee with Dyspraxia, there are some simple things you can do to make their life easier:

- **LEARNING**

Use a variety of methods e.g. written, verbal, digital instructions as well as demonstration. Notes, lists and diagrams might help when processing information. Follow up group learning with a specific one-to-one session.

- **COMMUNICATION & SOCIAL SKILLS**

Allow plenty of time for them to give answers to questions. Resist the urge to repeat the question multiple times. Support them to integrate into a new team or group (consider a 'buddy' scheme). Be aware that they may not want to write or speak in front of big groups of people.

- **WORK ENVIRONMENT**

Noise cancelling headphones may aid concentration and reduce noise distraction. Quiet area or screening around desk can help with focus. Offer personal help with planning and prioritising.