

## **Dyspraxia**

Dyspraxia affects movement, co-ordination, processing, memory, and other cognitive skills. Individuals with dyspraxia have difficulties in planning and completing fine and gross motor tasks. This can range from simple motor movements like balancing to more complex ones like sequencing steps to brush one's teeth. , playing sports or learning to drive a car. Dyspraxia can also affect your fine motor skills, such as writing or using small objects.

In adults, symptoms can include:

- Difficulty writing, typing, drawing and grasping small objects
- Unclear speech – word order can be jumbled
- Clumsy movement and a tendency to trip over
- Difficulty coordinating both sides of the body
- Difficulty with time-management: planning and organising thoughts and tasks
- Poor hand-eye co-ordination
- Poor posture, fatigue and difficulty sleeping
- Trouble completing daily skills such as dressing and preparing meals
- Difficulty distinguishing sounds from background noise
- Sensitivity to taste, light, touch and/or noise
- Low self-esteem, anxiety and depression

## **Top Tips to Support Learning**

- Consider alternatives to writing
- Utilising assistive technology (voice to text)
- Ensure the learning environment is free of distractions
- Providing regular breaks
- Allow extra time for processing and completing tasks
- Break down larger tasks into smaller components to make them more manageable
- Explain tasks step-by-step and repeat instruction

- Diaries, notebooks, post-it notes support planning. Mind-maps are also useful to plan and prioritise tasks