

# Dyspraxia

Dyspraxia is a form of developmental coordination disorder (DCD). It is a condition that affects the fine and/or gross motor coordination in both children and adults. It may even affect speech and speech development and is a lifelong condition.

People with dyspraxia may also have other disorders that are similar, ie autistic spectrum disorder, dyslexia and attention deficit hyper- activity disorder. None of these are connected to low intellect and must not be confused with a learning disability.

## **Signs and symptoms of dyspraxia**

An early sign that a child may have dyspraxia is that they have difficulty in all the basic development goals. This could range from an inability to or struggling to roll over, sit up, crawl, stand, walk, talk and toilet training. This is because movement and coordination skills are inhibited.

As a child gets older and goes to school this will present further problems for them in that it will be difficult to undertake tasks such as writing due to the fine motor coordination needed. Their thought processes may not be as quick as their peers and may find it difficult to join in playground games, again because of motor coordination skills. They may appear clumsy and awkward.

They may also avoid certain activities and subjects and get tired more quickly than most children due to having expend more energy in order to complete simple tasks. It is difficult for a sufferer of dyspraxia to plan and organise everyday tasks in the right order.

## **Cause of dyspraxia**

The exact cause of dyspraxia is unknown, though it is thought to be caused by a disruption in the way messages from the brain are transmitted to the muscles in the body. Thus affecting a person's ability to perform movements in a smooth coordinated manner.

## **Long term**

Though there is no cure, a correct diagnosis will enable you to get the right kind of help needed to support someone with dyspraxia.

This is vital to help an individual live independently with input to help with things like cooking and cleaning, and everyday tasks that anyone without the condition takes for granted.

***For more information and support, you can contact the Dyspraxia Foundation.***

- [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)
- ***Call the Helpline Monday to Friday between 9am and 5pm on 01462 454986***
- ***Email: [dyspraxia@dyspraxiafoundation.org.uk](mailto:dyspraxia@dyspraxiafoundation.org.uk)***