

DYSPRAXIA

Raising Awareness In Lincolnshire

It is thought that up to 6% of the UK population are affected to varying degrees. This condition is more common in boys compared to girls. There is no cure and can run in families.

People are often creative and original thinkers as well as strategic problem solvers. Adults develop their own strategies for working effectively. Adults are often hard working, determined and highly motivated.

What is Dyspraxia? Dyspraxia, also known as developmental coordination disorder, is a lifelong condition affecting gross and fine motor coordination in children and adults. In addition many people experience difficulties with organisation, memory, processing speed and in some cases speech.

GROSS MOTOR SKILLS

- * Awkward movements
- * Muscle tone and poor hand-eye co-ordination
- * May have poor posture
- * Finds it hard to ride a bike
- * Difficulties doing and taking part in sports or PE
- * May be clumsy can trip, fall and bump into things

FINE MOTOR SKILLS

- * Difficulty dressing and doing buttons up
- * Problems tying shoelaces
- * May have poor pen and pencil grip and difficulties with handwriting and drawing
- * Can have difficulties when using a knife and fork and other two handed tasks

PERCEPTION

- * May have poor visual perception
- * Can have problems walking over unsteady bridges
- * Body and spatial awareness tripping or falling over
- * May have problems around sensory issues
- * May have no sense of direction not knowing their right from left

THOUGHT

- * How they see and think about the world can be different
- * May find it hard to plan
- * Can have trouble planning ahead
- * Can have trouble being organised

SPEECH

- * Can have speech difficulties
- * May be slurred and not clear
- * Can be very fast or very slow
- * May speak with an odd or uneven pitch or tone

LANGUAGE

- * May struggle with mispronunciations of words
- * Difficulties with use and understanding of complex sentences
- * Can be impaired, immature and late to develop



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DISCLAIMER—This leaflet is not a medical diagnosis and is not a substitute for medical advice; please contact your GP. CANadda is a support group and any information that CANadda provide should be used as a guideline only as difficulties vary from person to person. Our information is provided by people that have a personal perspective and approach.