



Dyspraxia

Dyspraxia, a type of developmental co-ordination disorder (DCD), is a disability that affects basic motor skills (such as walking or sitting upright) and fine motor skills (such as writing or picking up small objects) in children and adults. Dyspraxia can also affect articulation and speech, perception and thought. DCD is a lifelong condition, formally recognised by international organisations including the World Health Organisation.

Children may present with difficulties with self-care, writing, typing, riding a bike and play as well as other educational and recreational activities. An individual's coordination difficulties may affect participation and functioning of everyday life skills in education, work and employment. In adulthood many of these difficulties will continue, as well as learning new skills at home, in education and work, such as driving a car and DIY.

There may be a range of co-occurring difficulties. These include social and emotional difficulties as well as problems with time management, planning and personal organisation, and these may also affect an adult's education or employment experiences.

Many people with DCD also experience difficulties with memory, perception and processing. While DCD is often regarded as an umbrella term to cover motor coordination difficulties, dyspraxia refers to those people who have additional problems planning, organising and carrying out movements in the right order in everyday situations.

Further information:

<http://www.dyspraxiafoundation.org.uk/>

[http://www.nhs.uk/conditions/Dyspraxia-\(childhood\)/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Dyspraxia-(childhood)/Pages/Introduction.aspx)