

# INFORMATION AND RESOURCES



**ADDvanced Solutions**  
Supporting you to find the answers

## Dyspraxia

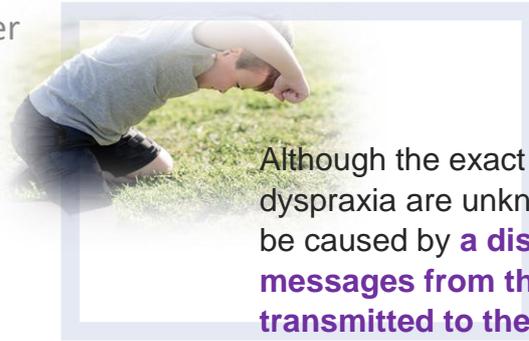
A Developmental Coordination Disorder

*'Dyspraxia is a common disorder affecting fine and/or gross motor coordination in children, young people and adults. It may also affect speech.*

*It is a lifelong condition, which occurs independently of intellectual ability.*

*It is a type of developmental disorder (DCD) and is different from other motor disorders such as cerebral palsy and stroke.*

*Individuals may vary in how their difficulties present, and this may change over time depending on environmental demands and life experiences.*



Although the exact causes of dyspraxia are unknown, it is thought to be caused by **a disruption in the way messages from the brain are transmitted to the body**. This affects a person's ability to perform movements in a smooth, coordinated way.

You may notice:

**Difficulties with co-ordination and balance**

Struggles to get dressed, putting clothes on inside out

Difficulties with tying shoe laces or managing buttons

Prefers not to use a knife and fork to eat

**Organisational and sequencing difficulties;**

Performs movements in an unusual order in everyday situations

Dislike of team games

Poor handwriting

Struggling to keep up with others when writing/ copying

Finds swimming, catching throwing running and/or riding a bike difficult

Often loses things

Spills, bumps into or drops things, appears to be clumsy

Liverpool / Halton / Knowsley / Sefton / Wirral: 0151 486 1788

St Helens: 01744 582172

Warrington: 01925 320863

Email: [info@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk)

[www.advancedsolutions.co.uk](http://www.advancedsolutions.co.uk)

# Impact of Dyspraxia on Children and Young People:



**ADDvanced Solutions**  
Supporting you to find the answers

## Impact on Learning:

Memory	Perception	Practical lessons	Communication
Spelling/reading	Confidence	Planning	Sport



Children and young people are at risk of disengaging and ‘opting out’ of activities and situations for fear of embarrassment when their difficulties are exposed.

They experience higher levels of ‘panic anxiety’ when faced by a task that they have previously found challenging which leads to avoidance behaviour.

They have lower aspirations than peers with milder motor difficulties and those who are physically able.

They are often more prone to somatic symptoms of stress and anxiety such as aches and pains, dizziness, tiredness and nausea than their more coordinated peers.

More likely to get bullied due to being ‘clumsy’, messy, not eating in public (out of a fear of not being able to use knife and fork properly or being a messy eater).

They can often struggle with anticipatory anxiety – fear of embarrassment.

There is often worry and anxiety about things that might go wrong and as a result children and young people with dyspraxia will avoid situations and events, putting them at risk of social isolation and limiting opportunities.

## Social Impact:



isolation

- Participate less in sport
- Not chosen for team games
- Avoid more physical leisure opportunities like dancing, drama groups etc.



lack of confidence

- Struggle with tasks others find easy
- Can't seem to get their body to do what they want
- Speech and language issues



embarrassment

- Tripping
- Falling
- Knocking stuff over
- Verbal dyspraxia
- Avoid doing physical things in front of others
- Avoid craft activities



bullying

- Name calling
- Others laughing at clumsiness
- Excluded from games etc.



finding their way around

- may become disorientated e.g. getting lost in buildings and in a new environment.
- Trouble remembering the order in which to do things, leading to confusion.