

Go to Guide – Dyspraxia (Developmental Co-ordination Disorder)

Purpose of this guide: This guide has been created to support and guide teachers when supporting students with Dyspraxia in the classroom.

What is Dyspraxia?

Dyspraxia (Developmental Co-ordination Disorder (**DCD**)) is a common disorder that affects movement and co-ordination. Dyspraxia has to do with fine and gross motor skills and results when there is a disconnect between the signals the brain sends to co-ordinate the body's muscles and the resulting physical movements.

Dyspraxia **does not** affect intelligence. While dyspraxia can (and often does) overlap with other neurodevelopmental disorders (such as Autism or ADHD) it is a separate condition.

Although it is a movement disorder, problems with organization, time management and planning are common.

There are four common types

- **Verbal** - (oro-motor).
- **Constructional** - this is to do with spatial relationships.
- **Ideational** - affects the ability to perform coordinated movements in a sequence.
- **Ideomotor** - affects organising single step tasks.

Tips/Strategies to support students in college:

- Adapt handouts.
- Give step by step instruction for tasks, using short and clear sentences.
- Planning is very important- if possible give physical demonstrations rather than just saying what you want to be done.
- Support ideation-give extra opportunities to come up with ideas.
- Allow extra time to complete tasks.
- Provide visual routines and reminders.
- Encourage students, in their spare time, to exercise, run up and down stairs, practice walking on uneven surfaces.
- Allow students to use laptops for written tasks or provide pencil grips.
- Don't forget that students with dyspraxia can't generalise skills (the ability to transfer skills learnt from one activity to the next one).