

WOMEN IN DYSPRAXIA

INFORMATION

Sources

Mayo Clinic, Harvard Medicine,
New York Times, The guardian,
WHO , Shaw Trust



Dyspraxia is also known as Developmental Co-ordination Disorder (DCD).

- It is a condition that affects physical co-ordination in children and adults.
- It can make you appear to move around more clumsily.
- This condition often runs in families and is much more common in males than females.
- Although this condition is usually diagnosed in childhood, it can also lead to continued problems into adulthood.

By adulthood most individuals with Dyspraxia have developed strategies to work effectively in the work place.

- You may struggle with organisation, so having a job with set hours and the same routine each day could be beneficial.
- There are courses available to help with IT skills if needed to aid your work.
- Organising and prioritising workload may prove to be difficult, however this is something you and your employer could look at together to come up with some strategies to help with this.
- Memory and concentration may affect your working ability so consider using memory strategies.
- Use effective time management tools such as diaries, task tools and alarms.

Causes of Dyspraxia

Professionals are currently not aware of what causes Dyspraxia. However they believe that the following could be contributing factors:

- Genetics
- A problem with the nerve cells that send signals from the brain to the muscles
- Being born prematurely or having a low birth weight.
- Being exposed to alcohol in the womb

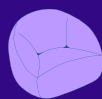
Treatments for Dyspraxia

There is no medication that will help this condition but therapy is useful to learn what exercises and skills will help you with day to day activities.



Take Notice

Complete relaxation or mindfulness exercises.



Bean bag / ball toss

This helps eye hand co-ordination.



Learn

Learn as much as you can about the condition – find information to support you.



Connect

Tell others about your condition so that they can understand and adjustments can be identified and supported.



Self-Management/Care

There are many things you can do if you have Dyspraxia. Some of them are