



What is Developmental Coordination Disorder/Dyspraxia? (with suggested reasonable adjustments)

What is Developmental Coordination Disorder (DCD)/Dyspraxia?

Developmental Coordination Disorder (DCD), also known as Dyspraxia in the UK, is a motor coordination disorder. DCD/Dyspraxia is distinct from other motor disorders such as cerebral palsy and stroke.

Affects about 2-3% of the adult population.

Difficulties described by adults

- Everyday life skills e.g. preparing a meal, ironing, DIY
- Difficulties with handwriting
- Skills requiring balance
- Slower to learn new skills requiring speed and accuracy, but once learnt can do them
- Tasks that need fine and accurate movements
- Difficulty driving a car at speed in unfamiliar settings

Suggested reasonable adjustments

- Avoid handwritten tasks such as form filling, signing in for documents
- Use speech-to-text software to avoid recording information
- Encourage improving typing skills - this does not need to be finger accurate but more about keyboard awareness (See workbook on Ways to Maximise your efficiency in the workplace)
- Use alternative recording devices such as using a tablet, phone or digital recorder
- Provide extra time for learning, or with unfamiliar new tasks
- Explain, demonstrate, allow adequate practise in order to automate the skills
- Break down tasks into small steps and demonstrate
- Encourage accuracy before speed
- One-to-one feedback will be better than in a group being specific about areas of improvement
- Arrange for regular short meetings to review work and set priorities - five minutes on a regular basis is better than long sessions
- Structure the job by breaking it down into parts and in sequence and record the order the tasks need to be done
- Give specific feedback - write it down as well as saying it



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- Reduce background noise and minimize distractions if this causes increased difficulties. Use of headphones where appropriate can help, or sitting away from the flow of traffic if in a busy office setting
- Use an electronic diary and set alarms for work reminders
- Synchronise the phone and diary so information can be added in wherever the individual is, and backed up
- Use apps to assist e.g. Sorted the Daily Organiser app on phone
- Undertake a health and safety assessment if the individual has to do specific tasks requiring balance or co-ordination which could put them at greater risk
- Demonstrate the use of colour coding to aid organisational skills such as filing
- Specialist equipment may need to be sought depending on the job e.g. in catering (a one handled tray)

For further information

- The Dyspraxia Foundation - dyspraxiafoundation.org.uk
- Movement Matters - movementmattersuk.org
- The Dyscovery Centre - dyscovery.org

For more detailed information

Useful paper back and eBook:

- How to succeed in the workplace with Specific Learning Difficulties- Amanda Kirby, Souvenir Press

You can also purchase our webinar on What is DCD/Dyspraxia? in our store.