



Dyslexia Assessment and Consultancy

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ADULT DYSPRAXIA

Dr Sylvia Moody

Dyspraxia is usually defined as difficulty with planning and co-ordinating movement. However, it is often also associated with perceptual and spatial difficulties, and with poor literacy, organisational and social skills. Listed below are the main areas of difficulty, and the daily activities they adversely affect.

Fine motor skills

Using cutlery and tools, doing domestic chores, grooming, writing, typing, keying numbers on the telephone, using laboratory materials, manipulating keys and date stamps; using cash or ticket machines.

Gross motor skills

Balance, posture and gait; judging distance and space (tendency to trip over, spill and bump into things), driving, dancing, playing sports, using a photocopier.

Perceptual/spatial skills

Keeping place when reading; dealing with maps, graphs, bank statements, equations, formulae, diagrams; having sense of time, speed, distance, weight, height, direction; orienting oneself in strange, or even familiar, surroundings.

A possible additional problem is visual stress: print seems to 'jump about' on the page and white paper to 'glare'.

Memory/sequencing

Remembering messages and instructions, keeping track of thoughts when speaking or

listening, taking notes, maintaining concentration.

Organisational skills

Prioritising tasks, remembering appointments, keeping papers in order, organising daily life.

Literacy/numeracy

Spelling, maths and (sometimes) reading; structuring letters, essays or reports; filling in forms.

Speech

Organising thought, expressing ideas succinctly, pronouncing words, speaking at the appropriate volume.

Sensitivity

Over- or under-sensitivity to light, noise, touch, taste and smell.

Social skills

Difficulty in interacting with others, especially in groups; turn-taking in conversation, interpreting non-verbal signals, avoiding tactless or impulsive remarks.

Emotional difficulties

The above problems may cause stress, loss of confidence, anxiety, frustration, anger and depression.

Associated syndromes

Dyspraxia is also known as Developmental Co-ordination Disorder. It is part of a broader spectrum of 'neurodiverse' conditions. These include dyslexia, dyscalculia (or specific maths difficulty), attention deficit disorder and Asperger's syndrome.

Support organisation

Developmental Adult Neuro-Diversity Association (DANDA) www.danda.org.uk

Books

Dyspraxia:

Living with Dyspraxia: A guide for adults with developmental dyspraxia. Mary Colley. Jessica Kingsley. 2006.

Developmental Co-ordination Disorder in Adults. Sharon Drew. Wiley-Blackwell.

The following books on dyslexia by Sylvia Moody also cover dyspraxia in detail:

Dyslexia: a Teenager's Guide. Random House (Vermilion).

Dyslexia: Surviving and Succeeding at College. Routledge.

Dyslexia: How to Survive and Succeed at Work. Random House (Vermilion).

Dyslexia/dyspraxia in the workplace:

Dyslexia in the Workplace: an Introductory Guide. Diana Bartlett and Sylvia Moody. Wiley-Blackwell.

Dyslexia and Employment: a Guide for Assessors, Trainers and Managers.

Edited by Sylvia Moody. Wiley-Blackwell.

For more information sheets, visit: www.workingwithdyslexia.com

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