**Spotlight on**

**Dyspraxia**

**A downloadable resource from the**

**DIFFERENTLY WIRED HUB**

**What is it?**

**Dyspraxia, also known as Developmental Coordination Disorder (DCD), is a neurodiverse condition caused by a disruption in the way that messages are passed between the brain and the body.**

**It’s estimated that around 10% of people in the UK have dyspraxia.**

**However, as it’s often misunderstood, these numbers may be higher.**

**What are the symptoms?**

**Dyspraxia affects a person’s fine and/or gross motor coordination, as well as non-motor skills such as memory, organisation, and speech. This can have an impact on their ability to carry out everyday tasks and activities.**

**It’s considered to be a hidden disability because the signs that someone has dyspraxia can be hard to recognise.**

**Strengths**

**Every neurodiverse person is different and will experience their own unique strengths.**

**Common strengths associated with dyspraxia include:**

**Leadership skills**

**Empathy**

**Strategic, big-picture thinking**

**Creativity and ambition.**

**Challenges**

**Challenges associated with dyspraxia include:**

**Difficulty coordinating body movements**

**Poor spatial awareness**

**Being clumsy and accident-prone**

**Trouble with organisation and managing time**

**Difficultly concentrating and following conversations**

**Issues with speech (verbal dyspraxia)**

**Signposts**

**Dyspraxia Resources**

**Dyspraxia Foundation**

**The Dyspraxia Foundation is committed to making the teaching and medical professions more aware of dyspraxia, and to spreading understanding of how those who have the condition can be helped.**

**dyspraxiafoundation.org.uk**

**Dyspraxia Foundation USA**

**Dyspraxia Foundation USA works to raise awareness and educate people about diagnosis, treatment, and resources to improve the quality of life for people with Dyspraxia and their families.**

**dyspraxiausa.org**

**Want to learn more?**

**Join our free Differently Wired Hub**

**where you can find expert information, advice and resources for engineers living with neurodiversity, and the people who support them.**

**www.myfoothold.org/ join-differently-wired- hub/**