**Spotlight on**

**Tourette’s Syndrome**

**A downloadable resource from the**

**DIFFERENTLY WIRED HUB**

**What is it?**

**Tourette’s Syndrome is an inherited neurological condition characterized by involuntary sounds and movements.**

**It affects over 300,000 adults and children in the UK.**

**What are the Symptoms?**

**Repeated involuntary sounds (vocal tics) and movements (motor tics) that occur in almost any part of the body and which can be very difficult to control. Tics can be divided into ‘simple’ and ‘complex’ categories.**

**Tics usually start in childhood and often fluctuate in severity and frequency.**

**Simple tics**

**Common ‘simple’ motor tics include: eye blinking, eye rolling, grimacing, shoulder shrugging and limb jerking.**

**Common ‘simple’ vocal tics include: whistling, throat clearing, sniffing, coughing and animal noises.**

**Complex tics**

**Common ‘complex’ motor tics include: jumping, twirling, touching people or objects, obscene movements and repeating the movements of others.**

**Common ‘complex’ vocal tics include: saying words or phrases out of context, saying socially unacceptable words out of context and repeating words, sounds and phrases.**

**Co-occuring conditions**

**Up to 85% of people with Tourette’s Syndrome also experience conditions such as Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD) and generalized anxiety disorder.**

**Get more information**

**Tourettes Action**

**Tourettes Action works in England, Wales and Northern Ireland and is the leading support and research charity for people with Tourette’s Syndrome and their families. The charity aims to ensure people with TS receive the practical support and social acceptance they need to help them live their lives to the full. Their website also details Tourette’s charities by country that could offer support.**

**tourettes-action.org.uk**

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