

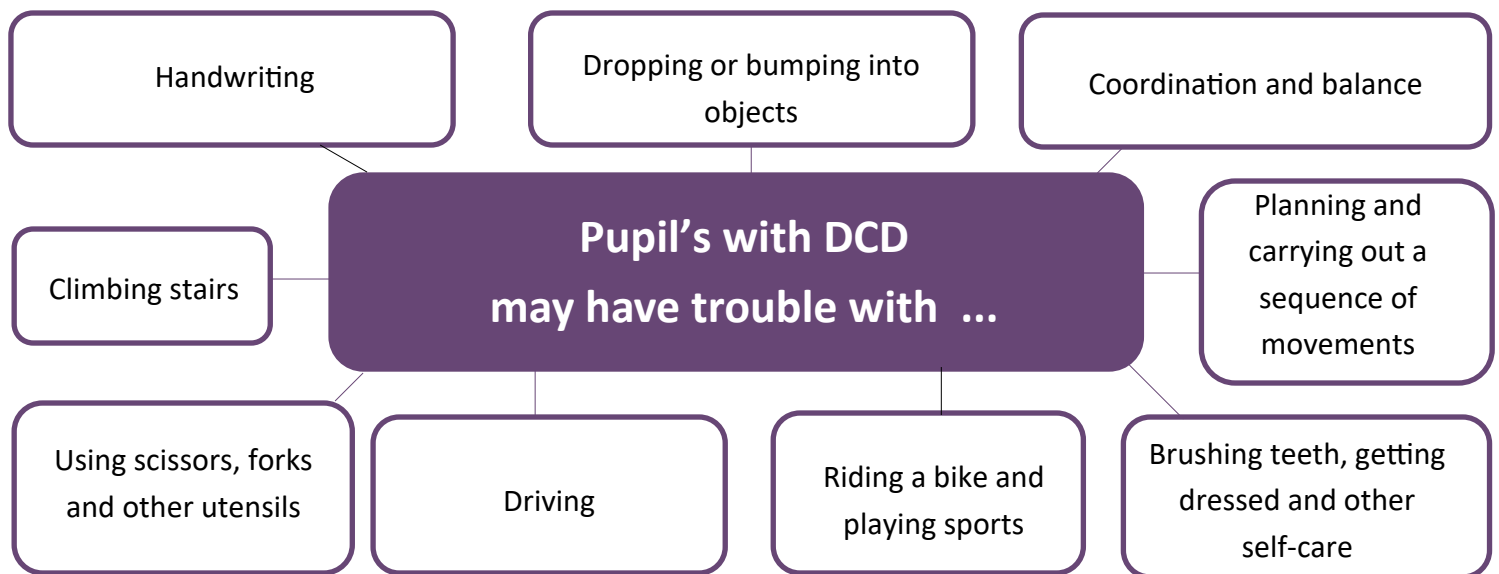
# Development Coordination Disorder (DCD) Fact Sheet

## DCD is ...

- ✓ **A motor skills issue** that makes it hard to learn new skills and adjust body movements.
- ✓ **A common condition.** Experts say at least 1 in 20 young people have DCD. Most do not outgrow it, but they can improve their motor skills.
- ✓ **A common co-occurrence.** Half of young people with DCD have ADHD. Learning issues, autism and speech and language issues are also common.

## DCD is not ...

- ✗ **The same in all young people.** Some struggle with gross motor skills (big movements), and others with fine motor skills. Some struggle with both.
- ✗ **A sign of low intelligence or laziness.** Pupils with DCD are as smart as their peers and are trying hard to improve motor skills.
- ✗ **A learning disability.** But it affects learning, and some pupils with DCD qualify for an IEP.



## Ways to help pupils with DCD

**Occupational therapy** can help pupils work on motor skills.

**Physical therapy** can help with balance and strength.

**Accommodations** like extra time to complete tasks and **assistive technology** like dictation software can help pupils with DCD show what they know.

**Counselling and support groups** can help build self-esteem in pupils who struggle with motor skills.



## Other Information ...

NHS: <https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/>

UNDERSTANDING DCD: <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/dyspraxia/understanding-developmental-coordination-disorder-dcd>

THE DYSPRAXIA FOUNDATION: [https://dyspraxiafoundation.org.uk/?gclid=Cj0KCQjwwr32BRD4ARIsAAJNf\\_24oGAqmuGdKOeKNdYftp\\_Gt8RyMD0nklIEW6\\_jja4-ctDCt60xjwEaAuPLEALw\\_wcB](https://dyspraxiafoundation.org.uk/?gclid=Cj0KCQjwwr32BRD4ARIsAAJNf_24oGAqmuGdKOeKNdYftp_Gt8RyMD0nklIEW6_jja4-ctDCt60xjwEaAuPLEALw_wcB)