

DCD / Developmental Coordination Disorder

affects motor skills.

DCD makes it hard to do physical tasks and activities. It can cause trouble with coordination, too. It isn't the same thing as dyspraxia, which is broader and less defined than DCD.

makes daily activities hard.

Some people with DCD struggle with fine motor skills, like handwriting or tying shoes. Some struggle with gross motor skills, like running or kicking a ball. Some struggle with both.

is common.

Experts say at least 1 in 20 people have DCD. They may struggle with basic routines, which can make them seem less mature than they are. With support, their motor skills can get better.

 **DCD isn't a problem of intelligence, lack of effort, or immaturity.**

Trouble areas

- Coordination and balance
- Handwriting, typing, and drawing
- Tying shoes
- Using scissors and utensils
- Dropping or bumping into things
- Brushing teeth, getting dressed, and other routines
- Riding a bike and playing sports
- Driving

Ways to help

1. Activities to practice motor skills, like dancing, cooking, and doing puzzles
2. Therapy to improve balance, strength, and fine motor skills
3. Voice-to-text technology if handwriting or typing are hard