



At least one of these individuals struggles with Dyspraxia/DCD.

## Did you know?

### 20 Million Americans Impacted

Dyspraxia, also known as Developmental Coordination Disorder or DCD, is a lifelong neurological condition that affects 5 to 6% of the population (Blank et al., 2019). This means that approximately 20 million Americans are impacted by Dyspraxia/DCD!

Dyspraxia/DCD does not affect intelligence, but it can affect the ability to keep up in school and make learning more challenging when compared to peers. Difficulty making friends, depression, and anxiety may result from the frustration, embarrassment, and stigma of struggling to keep up with peers. Dyspraxia/DCD persists throughout adulthood, and “adults with DCD are at a higher risk for social, emotional, academic, psychiatric and professional problems” (Tai-Saban et al., 2012).

Despite being as common as ADHD and more common than Autism, Dyspraxia/DCD is unfamiliar to many parents, teachers and healthcare professionals in this country. Consequently, those impacted often find it difficult to get a proper diagnosis, as well as the necessary supports for improving their quality of life.

Blank R., et al. (2019). *International clinical practice recommendations on the definition, diagnosis, assessment, intervention, and psychosocial aspects of DCD*. *Dev Med Child Neurol*, 61:242–85.  
Tai-Saban et al. (2012). *The functional profile of young adults with suspected development coordination (DCD)*. *Res Dev Disabil*, 33(6):2193-202.

### Dyspraxia Awareness Week October 9–15

This annual campaign was established by the Dyspraxia Foundation in the United Kingdom. This year’s theme, Community and Connectedness, also addresses loneliness and isolation which are common experiences for those with Dyspraxia/DCD, their parents, and caregivers.

To highlight this issue in the United States, Dyspraxia DCD America Founder Danielle Rosenberg shares her insights in her article on page 2.

### 2nd Annual Radiothon on WABC October 12, 2023

Our first annual Radiothon on WABC was a great success. This year, special guests will include Danielle and Gabriel Rosenberg who will talk about their experience of living with Dyspraxia and DCD!!

### Ask DDCDA

#### Is it important to get a diagnosis?

Yes. A diagnosis guides treatment and it helps the child or adult and their family understand what the individual is experiencing, why certain motor difficulties and related behavior issues are occurring and learn strategies to address them. A diagnosis may also facilitate access to medical and educational services and support. Finally, it may come as a relief to someone who may have been perceived as “not trying” or “being lazy” to have a name for the struggles they’ve endured and a plan for developing coping strategies moving forward.



## »»» LONELINESS AND ISOLATION A COMMON EXPERIENCE FOR THOSE AFFECTED BY DYSPRAXIA/DCD

BY DANIELLE ROSENBERG, FOUNDER OF DYSPRAXIA DCD AMERICA

Loneliness and isolation can be major challenges for persons with Dyspraxia/DCD. Dyspraxia is also known as Developmental Coordination Disorder (DCD), which impacts a person's ability to perform everyday tasks, socialization and engagement in various activities involving physical coordination. Loneliness and isolation can intersect with Dyspraxia/DCD the following ways:

- Persons with Dyspraxia/DCD often struggle with motor skills making it harder to participate in games, sports and other physical activities which serve as a conduit for social interaction. This can lead to a lack of participation in various group activities causing isolation from peers.
- Persons with Dyspraxia/DCD may also struggle with speech and language development leading to difficulties in articulating cohesive thoughts and ideas. Here, communication is stifled, making social interactions much more challenging and potentially leading to feelings of isolation.
- People with Dyspraxia/DCD who continuously face challenges with coordination and movement, as well as speech and language articulation, experience significant self-esteem and confidence issues. They may feel self-conscious about their difficulties, which often leads to withdrawal from social situations in an effort to avoid embarrassment and judgment from their peers.
- The loneliness and isolation experienced by those with Dyspraxia/DCD is often accompanied by frustration and anxiety. Frustration and anxiety are commonly exacerbated by the inability to keep up with peers in physical activities or with verbally expressing themselves. The anxiety may serve to further discourage people suffering from Dyspraxia/DCD from social interaction, thereby compounding feelings of loneliness and isolation.

IN ADDITION TO OUR MISSION OF SPREADING AWARENESS, DYSPRAXIA DCD AMERICA IS DEDICATED TO CREATING A COMMUNITY HERE IN THE UNITED STATES TO FOSTER AN ENVIRONMENT OF BELONGING AND HOPEFULLY REDUCE THE BURDEN OF LONELINESS AND ISOLATION EXPERIENCED BY THOSE LIVING WITH DYSPRAXIA/DCD, THEIR PARENTS, AND CAREGIVERS.

**YOUR SUPPORT CAN HELP US FULFILL THIS MISSION**

**Remember GIVING TUESDAY November 28, 2023**

**Follow us on social media!**

DYSPRAXIA