

How society can help dyspraxic people feel they fit in and belong



**DYSPRAXIA
FOUNDATION**

Incorporating Developmental
Co-ordination Disorder (DCD)

Dyspraxic people and parents/carers told us what we can do, as members of society to help dyspraxic people feel accepted and included.

Awareness and understanding - Dyspraxic people want others to know about dyspraxia and to include dyspraxic people in their lives and activities respectfully and with kindness. They don't want to have to explain why and how their lives are different and the adjustments they need to feel included. They want to feel accepted for who they are without judgement or prejudice and don't want attention drawn to their differences or to be judged for making simple mistakes.

- *Take the time to listen to me, make an effort to talk to me and support me. Invite me or do activities with me and not have pressure for me to be "good" at them.*
- *I just want people to ask questions and show interest in me and show they want to make a space for someone who is different from them.*
- *People actually knowing what dyspraxia is. I don't want to be in vulnerable situations and then need to explain something like that.*

Parents/carers called for the people they associate with to listen, to empathise and accept them and the person they care for without judgement.

- *When someone acknowledges the fact that dyspraxia brings challenges for both me and my son.*
- *Not having to explain or feel like I need to make excuses for my son's behaviour/clumsiness.*
- *Understanding of our situation, support given and allowances made. Kindness shown to our little girl.*
- *Being included in conversation. Not feeling like an outcast because my child is different.*
- *People who share awareness of dyspraxia and neurodivergence, who are accepting of the difference this entails and embrace the unique strengths and abilities of children with dyspraxia.*

Patience – allowing a little extra time for dyspraxic people to process information and respond during conversations helps them contribute and feel fully involved. They appreciate others providing subtle support if needed, for example by providing information clearly or in a different way.

- *People who take the time to talk to me and don't judge me when I speak to fast or take a few minutes to reply.*
- *Having more time to respond to things in conversation. This is easier when in one-to-one situations or very small groups where people are not talking over each other, or in bigger groups if there are structured meetings with a chair who makes sure everyone can have their turn to speak.*

Acknowledging and valuing strengths - dyspraxic people are less likely to feel excluded when their strengths and talents are recognised and valued.

- *Recognition of my strengths helps - empathy, problem solving, seeing the bigger picture.*
- *I am very good at the things I am good at, and this is valued by employers, family and friends so I can joke and make light of things I find difficult or can't do e.g. driving, getting lost easily*

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