

How to feel more connected and less lonely: tips from dyspraxic adults



**DYSPRAXIA
FOUNDATION**
Incorporating Developmental
Co-ordination Disorder (DCD)

While some dyspraxic people are happy with their own company, others want to feel more connected and less lonely. Dyspraxic people shared the following tips that help reduce their sense of isolation.

Self-awareness and acceptance - understanding dyspraxia and how it affects you personally can build your confidence and help you find ways to connect with others. For some people, having a diagnosis provides a reason to explain their differences, while others are happy to self-identify.

- *I've become much better at articulating my needs as I've embraced my identity.*
- *Diagnosis has led to greater acceptance by family who found my ability profile baffling. This has led to adjustments at work and better self-understanding with which to navigate relationships.*

Being with people who 'get you' - connecting with other dyspraxic people and those who experience another type of neurodivergence can help you feel less isolated. You can connect in person or online.

- *The ability to be myself without feeling the need to mask or be 'normal'/keep up with others around me or communicate a certain way.*
- *Now that I know that there are people out there like me, that helps me.*

Being with familiar people and socialise in smaller groups - you may feel more comfortable with people you've known for a long time who understand and accept your differences. You may prefer to interact in smaller groups where it's easier to process information and take part in conversations.

- *I hang out with friends who accept me for who I am.*
- *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.*
- *Group meetings are OK if small groups, but I find it overwhelming in big group meets. So social media is a way of talking to others.*

Shared interests - spending time with people who share your interests will help build your sense of community. Volunteering – helping others – is another good way to meet people whilst doing something purposeful.

- *If I'm with someone with similar tastes and interests and if I trust the person, that way, I'm able to talk with them and get along with them.*
- *Enjoying a shared hobby together.*
- *Helping to do something.*

Humour - dyspraxic people often have a good sense of humour which can help you build relationships with others.

- *I've had years of using humour to mask my struggles so that I'm pretty good at making people laugh now.*
- *Talking with people and having fun with people and trying not to be too serious.*

A note about masking - while some people try to 'mask' their difficulties in social situations, this takes a lot of effort and may not be good for your mental health and wellbeing.

- *Masking can help but that can make things worse too at times.*

Every effort has been made to verify the accuracy of items in DF factsheets, however users are urged to check independently on matters of specific interest.

The Dyspraxia Foundation encourages the reproduction and distribution of this fact sheet.

If portions of the text are cited, appropriate reference must be made.

Fact sheets may not be reprinted for the purpose of resale.

Dyspraxia Foundation, 8 West Alley, Hitchin, Herts SG5 1EG
Tel: 01462 454986 (Helpline 9 – 1, Mon – Fri) Tel: 01462 455016 (Administration)

Email: info@dyspraxiafoundation.org.uk

Website: www.dyspraxiafoundation.org.uk

Registered Charity No 1058352

A Company limited by guarantee registered in England No 3256733