# Develop Us

Dyspraxia (developmental co-ordination disorder) in adults

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# Overview

Dyspraxia, also known as developmental co-ordination disorder (DCD), is a common disorder that affects your movement and co-ordination.

Dyspraxia does not affect your intelligence, but it may make daily life more difficult for you. It can affect your co-ordination skills – such as tasks requiring balance, playing sports or learning to drive a car – and your fine motor skills, such as writing or using small objects.

## Symptoms of dyspraxia

Symptoms of dyspraxia can vary between individuals and may change over time. You may find routine tasks difficult and coping at work may be hard.

If you have dyspraxia you may have problems with:

- Co-ordination, balance and movement
- Learning new skills, thinking, and remembering information at work and in leisure activities
- Daily living skills, such as dressing or preparing meals to time
- Writing, typing, drawing and grasping small objects
- Social situations
- Dealing with your emotions
- Time management, planning and personal organisation

## Treatment for dyspraxia

Although there is no cure for dyspraxia, there are therapies that can help you cope with your condition and be successful in your studies, work and home life, such as:

- Occupational therapy to help you find practical ways to remain independent and manage everyday tasks such as writing or preparing food
- Cognitive behavioural therapy (CBT) a talking therapy that can help you manage your problems by changing the way you think and behave

It may also help if you:

- Keep fit – you may find regular exercise helps with co-ordination, reduces feelings of fatigue and prevents you gaining weight
- learn how to use a computer or laptop if writing by hand is difficult
- use a calendar or diary to improve your organisation – you may be able to synchronise this with your phone and computer

- learn how to talk positively about your challenges and how you have overcome them
- seek out support through programmes such as Access to Work from Jobcentre Plus

**Support for people living with dyspraxia**

Dyspraxia can have a big effect on your life, but support is available to help you manage your condition and have the best possible quality of living.

It might help to speak to others who have the same condition or to connect with a charity.

You may find the following links useful:

- Dyspraxia Foundation – the foundation has a list of local support groups you can join to share your experiences with others
- Dyspraxic Adults – a forum for adults with dyspraxia
- Movement Matters UK – see its page of useful links

## Overview

There are many reasons to have a diagnostic assessment. For example, to request support or to gain a better understanding. You may just want to gain a greater understanding of why you, your child, or your employee is experiencing difficulties and how these difficulties can be supported effectively.

We are on hand to answer any questions you may have and to arrange an assessment with an experienced assessor.

We aim to find an assessor close to you and arrange your assessment within two weeks of receiving your booking.

**Can I be assessed if English isn't my first language?**

As the tests used are heavily influenced by an English-speaking culture, you will need to have lived in an English-speaking country and to have been regularly speaking English for a minimum of seven years. In addition, you need to be able to read, write and spell in English. If an assessment is carried out before the seven-year period, the assessor cannot make a definitive diagnosis, which would mean a re-test may be needed at a later date.

# Why have an assessment?

If someone is experiencing significant difficulties in their study or daily tasks and wants to understand what causes these or needs further support, a Diagnostic Assessment can be beneficial.

Other common reasons for a Diagnostic Assessment are:

- To apply for funded support at university known as Disabled Students' Allowance (DSA).
- To obtain evidence for Exam Access Arrangements whilst studying at college, university or for professional qualifications.
- To apply for Exam Access Arrangements at school: If your child is in Year 9 or above and you wish the assessment to be used as part of an application for Exam Access Arrangements, usually GCSEs or A Levels, e.g. extra time in exams, a reader or a scribe, etc. then it will be necessary for either you or Develop Us on your behalf (with your written permission) should contact the school's Additional Learning Needs Coordinator (ALNCO), in line with the JCQ requirements.
- To provide more information for employers so that they can make Reasonable Adjustments for an employee with specific difficulties.

# How to prepare for an assessment

**Adult's Assessment**

- Adults must have had a sight test within the last two years; an up-to-date hearing check is helpful.
- The Diagnostic Assessment must take place in a private room. It needs to be somewhere free from distractions and with a table/writing surface.
- Given the length of the assessment, it may be helpful to bring snacks and a drink.

# What happens during an assessment?

A Diagnostic Assessment usually takes up to three hours.

The assessor will carry out a series of questionnaires to explore developmental milestones, school history and current challenges along with tests to explore different aspects of underlying ability such as:

- Handwriting and fine motor skills;
- Working memory;

There is usually an informal chat before the assessment to gather some background information and to build rapport with the assessee.

**The aim is**

- To formally diagnose a specific learning difficulty (if this is supported by the test results);
- To assess performance on a range of items, allowing the assessor to consider strengths and weaknesses. Since this is not an exam, there is no “pass” or “fail”. The intention is to highlight the person’s individual style of learning or working and their strengths and areas that need support;
- To evaluate if co-ordination difficulties impact the assessee in everyday life;
- To consider other factors which may be affecting learning;
- To identify whether any Reasonable Adjustments will need to be made to enable the person to fully access the curriculum and the assessments;
- To identify whether Reasonable Adjustments need to be made to a person's place of work.

After the assessment, the assessor may be able to provide some insight into the possible causes of the challenges the assessee presented with, but they will need time to calculate the test scores and analyse the results to provide a diagnosis. This information will be provided in the subsequent report.

## What happens after an assessment?

After a Diagnostic Assessment, you will receive a written report within 15 working days. This report will provide evidence of the individual’s profile (if the results confirm the individual has a specific learning difficulty), signposting to other organisations or further assessments for specific learning difficulties (if required).

The report will include recommendations on how to support the individual in the context of their study, workplace, or day-to-day life. Any recommendations on how an individual can be supported in the workplace are likely to be generic and not job-specific. These can be made more specific should the employer later request workplace support from Develop Us.

We aim for the report to be a document that the individual is happy to share with family, teachers, tutors, other professionals and employees if they wish to do so. This will provide information on how they can support the individual.

Develop Us assures its Diagnostic Assessment reports in line with guidelines set by the SpLD Assessment Standards Committee (SASC). A copy of the assessment report will be held by Develop Us in line with the Data Protection Act 2018.

**Workplace Diagnostic Assessment**

If the employer has paid for the assessment, a summary report (which does not refer to test scores) will be sent to the employer/line manager. However, this will be done after obtaining the individual's permission.

In line with the Data Protection Act 2018, Develop Us require written permission from the person who has been assessed before releasing the full report to the employer.

**Disabled Students' Allowance**

If the report is for a specific purpose, such as application for Disabled Students' Allowance (DSA) at university, the assessor will explain the process and the next steps.

**Questions?**

After receiving the report, you may wish to discuss its findings to develop a greater understanding of the results. Develop Us can offer a free post-diagnostic support.

# Terms and Conditions

Payment details
• Payment details must be received before a booking can be processed.

Deposits
• Deposits are non-refundable. By paying a deposit you agree to our terms and conditions. Deposits are taken on a debit/credit card. Card details are kept securely on file and will be charged if any of the terms and conditions are breached.

Cancellation policy
Cancellation by the Client or Main Contact
• All changes and cancellations must be notified in writing to: info@developus.wales

• Cancellation charges will be applied as follows:
• Cancellation/reschedule within 4 - 6 weeks of a booked assessment = 50% of fee

due;
• Cancellation/reschedule within 4 weeks of a booked assessment = 100% of fee due;

If you do not attend your assessment on the planned assessment date, you will be charged 100% of the assessment fee.

Develop Us reserve the right to charge a cancellation fee equivalent to 100% cost of the assessment where the individual being assessed is not able to access the assessment for the following reasons:

- Late arrival to the assessment meaning the assessor does not have enough time to carry out the assessment;
- Inadequate connectivity or IT difficulties for an online assessment or lack of appropriate equipment;
- Being in a space that is not deemed appropriate, i.e. a busy shared space or a bedroom;
- The individual is unable to access the assessment at all for reasons, such as challenging behaviour, anxiety, communications impediment..

Cancellation by Develop Us
• In the event that severe weather or any other emergency results in the cancellation of a session, Develop Us will endeavour to give clients a minimum of 24 hours' notice* and to reschedule the assessment

• *Please note that it is the client's responsibility to provide Develop Us with an emergency contact number at which they will normally be available.

• Once a deposit has been paid, the client has 48 hours to complete the pre assessment questionnaires. If these are not completed within this time frame, Develop Us may cancel your assessment date and fees will be applied. Cancellation within 4 - 6 weeks of a booked assessment = 50% of fee due; Cancellation within 4 weeks of a booked assessment = 100% of fee due.

# Privacy Policy

• Develop Us is committed to protecting the privacy of individuals. Accordingly, all personal data collected will be subject to our Privacy Policy. For more information please see our website.

• Following the assessment and the compilation of the final assessment report, all client questionnaires, all raw data test sheets and all other personal data will be permanently deleted/destroyed.

• Your final assessment report will be held by Develop Us for 7 years [within your customer record file]. During this time, you will be able to ask for an electronic copy of the report. Please note there may be an administration charge for this. We would, therefore, strongly recommend that you keep a copy of your report securely. After this time Develop Us will not be able to supply you with a copy of your report.

• Should you require a copy of your assessment report to be resent to you, your report to be permanently deleted; or for changes/corrections made to it before this time, please notify us at: info@developus.wales

## Booking a Diagnostic assessment

• Develop Us will act as a liaison between the assessor and the client for the purposes of booking the assessment.

• Develop Us reserves the right to change the assessor allocated if the assessor should become unavailable for any reason.

• In order to book the assessment, your personal information and the information contained within the questionnaires will be passed on to the assessor for them to carry out the assessment.

Should you wish to make a complaint, please notify us at: info@developus.wales.