ADULT DYSPRAXIA CHECKLIST

These indications of Dyspraxia have been compiled under the guidance of Michelle Lee, Physiotherapist and Dyspraxia expert. Please note that Dyspraxia frequently overlaps with Dyslexia and Attention Deficit Disorder (ADD).

General dyspraxic difficulties

clumsy gait / heavy footed
poor posture
weak muscle tone
overflow movements
learned to walk late
difficulty learning to ride a bike / swim / drive
poor at sports in general
cannot follow a rhythm
poor at dancing
discriminating right from left is not automatic
poor at map reading
difficulty judging distance, speed and space
very hard finding your way to a new place
untidy personal appearance
loses things easily, disorganised and untidy

Poor hand-eye coordination, leading to difficulties with:

bat & ball games
DIY / craftwork / housework
picking up small objects
playing musical instruments
gaining proficient wordprocessing skills
tends to spill or drop things

Verbal difficulties

late talker
immature speech
inaccurate pronunciation of polysyllabic words
difficulty getting to or keeping on the point
tendency to interrupt

Writing

untidy handwriting
poor copying and proofreading skills
difficulty getting ideas down on paper
difficulty organising written work
difficulty taking notes from a speaker
problems filling in forms / letter writing / writing cheques
muddling number sequences

Auditory difficulties, also associated with dyslexia:

a slight delay between hearing something and understanding it
can only concentrate on one speaker at a time
finds instructions hard to follow
loses the thread of a conversation

Memory

poor short-term memory
difficulty remembering instructions
word retrieval problems

Attentional factors, also associated with .add

short attention span
easily distracted by noise
poor listener, unfocused attention
problems prioritising / distinguishing the essential from the inessential
difficulty starting / completing a task
tendency to daydream
erratic and chaotic

Social & emotional factors, also common to Dyslexia and ADD

poor self esteem
easily frustrated / low stress threshold
emotional outbursts
impulsive behaviour
may misinterpret situations, requests
difficulty interpreting body language
tactless
bad at teamwork
difficulty adapting to new situations
high anxiety level
immature
unassertive
compulsive behaviour

Further factors

under / over sensitive to light, noise, smell, taste
irregular sleeping patterns / insomnia
depression

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