

## CHECKLIST

### Indicators of Dyspraxia/DCD in Adults

Please review the questions below, and check the boxes of those that apply. If you check several of the boxes, you may want to consider a medical assessment and/or treatment.

**This checklist is not diagnostic.** A diagnosis requires a medical professional or team of medical professionals.

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#### **Early Years** (may have had some, all or none of the following):

- Were you born prematurely or was it a difficult birth?
- Did you roll over, sit up, crawl or walk later than expected?

#### **Compared to your peers as a child, did you have difficulty with:**

- Learning to use a fork, knife and/or spoon?
- Drawing, writing, or cutting with scissors?
- Dressing and using buttons, snaps, and/or zippers?
- Learning to tie shoes?
- Learning to ride a bicycle?

#### **Do you have difficulty with:**

- Driving a car?
- In performing daily tasks like grooming (doing hair, makeup, shaving) or preparing food (cutting/slicing/peeling)?
- Completing work tasks on time?
- Being accident prone (tripping easily or bumping into things frequently)?

#### **Consider possible indicators other than movement, overlapping conditions, or symptoms related to difficulties of living with Dyspraxia/DCD, for example:**

- Do you prefer individual sports activities or avoid team sports?
- Do you avoid or feel anxious being in large social gatherings or crowded public places?
- Do you find noisy or brightly lit environments distracting or overwhelming?
- Do you tire easily?
- Do you experience anxiety or depression?

For additional information about the signs and symptoms associated with Dyspraxia/DCD in children, please see [Adult Signs and Symptoms](#) on our website.