

CHECKLIST

Indicators of Dyspraxia/DCD in Teens and Young Adults

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

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

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?
- Did you have difficulty feeding?

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

- Learning to use a fork, knife and 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 or learning to drive a car?
- Do you have difficulty typing quickly enough to keep up with peers?
- Being slow or awkward in performing daily tasks like grooming (doing hair, makeup, shaving) or preparing food (cutting/slicing/peeling)?
- Completing school or 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 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 the page for [Teens and Young Adults](#) on our website.