Dyspraxia/DCD Information to Share with Your Child's Healthcare Provider



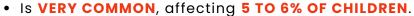
WHAT IS DCD?

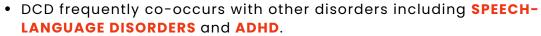


- DCD, commonly known as DYSPRAXIA, is a neurodevelopmental condition characterized by DIFFICULTY WITH FINE AND GROSS MOTOR SKILLS.
- Symptoms range from **MILD TO SEVERE** and vary widely from one individual to another.
- Despite being almost as common as ADHD and more common than Autism, it is UNFAMILIAR TO MANY HEALTHCARE PROVIDERS in the United States (Tamplain et al., 2024).
- DCD is included in:
 - DSM-5 315.4 Developmental Coordination Disorder
 - ICD-11 6A04 Developmental Motor Coordination Disorder.

WHAT DOES RESEARCH SHOW?

RESEARCH SHOWS THAT DCD:





- The stress of living with DCD can lead to secondary mental health issues including **DEPRESSION** and **ANXIETY**.
- Children do not "outgrow" DCD, as it frequently continues into ADULTHOOD and can negatively impact school and work performance.

(Blank et al, 2019; Tamplain et al., 2024)



WHY DOES A DIAGNOSIS MATTER?



A DCD diagnosis can have a **SIGNIFICANT IMPACT** by providing:

- Relief for someone who has been labeled as "unmotivated" or "lazy".
- Understanding and awareness by family and friends.
- A basis for establishing support systems and coping mechanisms.
- Access to medical and educational services and support.

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WHO CAN ASSESS AND DIAGNOSE DCD?

Ideally, a **MULTIDISCIPLINARY TEAM** of qualified healthcare professionals wil assess the **DSM-5 CRITERIA**, and the final diagnosis is made by a medical doctor.

DSM-5 CRITERIA SUMMARY: 315.4 DCD

THE FOLLOWING CRITERIA MUST ALL BE MET FOR A DCD DIAGNOSIS:

- **A.** Acquisition and execution of motor skills are substantially **BELOW EXPECTATIONS** based on age.
- **B.** Motor skill difficulties **SIGNIFICANTLY INTERFERE WITH DAILY ACTIVITIES.**
- C. Onset of symptoms occured during the EARLY DEVELOPMENTAL PERIOD.
- **D.** Motor skill deficits cannot be better explained by **OTHER CONDITIONS**.

(DSM-5; APA, 2013)

RECOMMENDED ASSESSMENTS FOR DIAGNOSIS OF DCD

| DSM-5 Criteria | Assessor | Assessments |
|----------------------------------|---|---|
| A. Motor Functioning | Occupational Therapist (OT) OR Physical Therapist (PT) | MABC-3 Movement Assessment Battery for Children, 3rd ed. OR BOT-2 Bruininks-Oseretsky Test of Motor Proficiency, 2nd ed. |
| B. Activities of Daily Living | OT, PT, and/or Physician* *Physician may be any Medical Doctor (MD) able to assess DSM-5 criteria, such as a Pediatrician, Developmental Pediatrician, Neurologist, Neuropsychiatrist, or other. | DCDQ'07 (Developmental Coordination Disorder Questionnaire) A 2-page, 15-item questionnaire to be completed by parents or caregivers of children 5 to 15 years old. OR Listening for DCD Interview Guide An interview guide with 8 questions to be administered to parents or caregivers. |
| C. Early Onset | OT, PT, and/or Physician* | Developmental history to confirm motor learning challenges began early in life. |
| D. Physical Examination | Physician* | Physical examination to rule out other possible causes of motor skill deficits such as a visual impairment, intellectual disability, or other medical condition. |

SOURCE: Zwicker et al., 2018.



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