

Resources for Adults with DCD / Dyspraxia

- Higher Education and Employment



General resources: Signs of Dyspraxia/ Developmental Coordination Disorder in adulthood and potential support strategies

NHS

- [Dyspraxia in adults](#)

Overview of dyspraxia; symptoms in adulthood, the assessment process and how to manage symptoms, including available therapies and support at work and university.

Dyspraxia/DCD Ireland

- [Adult DCD](#)

List of potential indicators of dyspraxia in adults.

- [Adult Assessment Information](#)

Guidance for adults seeking a dyspraxia diagnosis in Ireland.

- [“Dyspraxia/DCD – How does it affect adults? Why are stress and fatigue so common?” \(video\)](#)

A discussion with Dr. Áine O'Dea about why cognitive fatigue occurs in people with Dyspraxia/DCD, and helpful strategies to manage cognitive fatigue.

Dyspraxia/DCD America:

- [Adults](#)

Overview of dyspraxia; signs and symptoms that adults with dyspraxia may experience, including overlapping conditions and signs beyond movement and coordination difficulties. An outline of the diagnosis processes in the United States and therapies to support dyspraxic individuals.

Dyspraxia Lambeth

- [Dyspraxia Adults](#)

Extensive list of characteristics adults with dyspraxia may exhibit

University/Academic Produced

Cardiff University

- [Occupational Therapy Education Supporting the Student with Additional Learning Needs on Practice Placement](#)

Hints and tips for educators to support students with dyslexia and/or dyspraxia on practice placements, including reasonable adjustments and specific help and support that can be offered.

University of Oxford

- [Neurodivergent Education for Students, Teaching & Learning \(NESTL\)](#)

Research informed toolkit introducing a framework that supports neurodivergent-inclusive teaching and learning in higher education.



University of South Wales

- [Guide to Success: Further and Higher Education](#)

Strategies and adaptations that neurodivergent individuals have found useful in further and higher education settings.

Advocacy Group Produced

DCD Australia

- [Navigating University with DCD](#)

Easy to read tips on accessing accommodations at university, and tools and strategies that can support studies.



Dyspraxia UK

- [College & University Students](#)

Advice for dyspraxic students transitioning to college or university such as tips for time-management and organisation. A dyspraxia symptom checklist for young people in education and guidance on seeking a further assessment.

Other Organisations



Royal College of Nursing

- [Neurodiversity Guidance for Universities, Students, Practice Assessors and Supervisors](#)

Introduction to neurodiversity, including dyspraxia specific information about strengths and impact in a health-care setting. Information for staff and students about reasonable adjustments at university and clinical placements.

Royal College of Midwives

- [Neurodivergence Acceptance Toolkit](#)

Guidance for midwifery educators to support neurodivergent students, covering factors such as recruitment, pastoral support and clinical practice placements.

Resources to support Employees with Dyspraxia / Developmental Coordination Disorder and to help Employers understand/accommodate colleagues with Dyspraxia

University/Academic Produced



The University of Edinburgh

- [Supporting Staff with Dyspraxia](#)

A short introduction to dyspraxia, including associated strengths, common challenges and suggestions for reasonable workplace adjustments.

- [Workplace adjustments and management strategies to support neurodivergent staff](#)

Adjustments and accommodations for the workplace that may benefit neurodivergent staff.



University of Cambridge (in partnership with the BBC)

- [Accessible Version-Neurodiversity Project Report](#)

Summary of research-based findings for recommendations to accommodate neurodivergent staff at the BBC, which are widely applicable to other workplaces.

University of South Wales

- [Guide to Success: Employment](#)

Resource created by neurodivergent adults offering advice and strategies for seeking employment and coping in the workplace.

Advocacy Group Produced



Civil Service Dyslexia and Dyspraxia Network

- [Dyslexia, Dyspraxia, Dyscalculia and Dysgraphia Line Managers Toolkit](#)

Toolkit written from the perspective of neurodivergent civil service staff members. Includes a short description of the conditions and associated strengths and challenges. Focuses on specific workplace challenges and reasonable adjustments that managers can offer.

Dyspraxia Lambeth

- [Dyspraxia in the workplace](#)

Help and guidance for job seekers and employees, from choosing a career to strategies to help cope with the workplace and workload.



Other Organisations

Institute of Engineering and technology

- [Dyspraxia – Understanding neurodivergence at work toolkit](#)

An overview of dyspraxia its and associated challenges. Ideas for employers and managers to support staff members with dyspraxia, and strategies for dyspraxic individuals to support themselves in the workplace.



GMB Trade Union

- [Dyspraxia in the workplace](#)

Comprehensive overview to dyspraxia. An introduction to how the Equality Act (2010) protects dyspraxic individuals in the workplace, and potential reasonable adjustments. Guidance on seeking a diagnostic assessment and a workplace assessment.

University Hospitals Birmingham NHS Foundation Trust / Medigold Health

- [Dyspraxia Neurodiversity Toolkit](#)

Overview of dyspraxia including associated strengths, challenges and difficulties. Tips for supporting someone with dyspraxia at work.

Advisory, Conciliation and Arbitration Service

- [Adjustments for neurodiversity](#)

Introduction to reasonable adjustments in the workplace, including how to make a request for reasonable adjustments and general reasonable adjustments that could support neurodivergent workers.



Midlands Occupational Health Service

- [Supporting success: Dyspraxia in the workplace](#)

Outlines the challenges that individuals with dyspraxia may encounter in the workplace and how to foster a workplace environment that supports individuals with dyspraxia.

Inclusive Employers

- [Understanding Dyspraxia](#)

Factsheet covering common facts about dyspraxia, its effect on individuals, and the support that can be offered to dyspraxic colleagues.

Cardiff Vale and University Health board

- [Supporting staff in Dyslexia, Dyspraxia and Dyscalculia. Toolkit for Managers](#)

Breakdown of dyslexia, dyspraxia, dyscalculia and specific adjustments that can be implemented in the workplace for each condition.



Royal College of Nursing

- [Dyspraxia](#)

Outlines strengths and impact of dyspraxia in a healthcare setting and suggests reasonable adjustments to support both students and employees.

- [Dyslexia, dyspraxia and dyscalculia: a toolkit for nursing staff](#)

Toolkit focused on suggesting practical strategies for identified challenges associated with the three conditions, including self help strategies, and strategies to help colleagues

- [Neurodiversity Guidance for Employers](#)

- [Neurodiversity Guidance for Employees](#)

- [Neurodivergence pocket guide](#)

Overview of the strengths and impact of different neurodivergent conditions in a healthcare setting but also intended to be transferable to other settings. Individual guides outline line manager responsibilities and reasonable adjustments from an 'employer' and 'employee' perspective, respectively.



Books

- [Living with Dyspraxia: a guide for adults with developmental dyspraxia](#)
Mary Colley (2006)
- [How to Succeed in Employment with Specific Learning Difficulty](#)
Amanda Kirby (2014)
- [Dyspraxia: Dyspraxic Adults Surviving in a Non-Dyspraxic World: A Dyspraxia Foundation Adult Support Group Publication](#) (2015)
- [Neurodiversity at Work: Drive Innovation Performance and Productivity with a Neurodiverse Workforce](#) Amanda Kirby and Theo Smith (2021)
- [Neurodiversity in the Workplace: How to create an inclusive and safe environment](#) Alice Hewson (2024)
- [No Heels, No Problem](#) Maxine Roper (2025)

