

# Resources to support individuals with DCD / Dyspraxia across the lifespan

## University/Academic Produced



### Modi Lab (University of Surrey)

- [What is Dyspraxia?](#)

Poster defining DCD/dyspraxia and its diagnostic criteria, the movement assessment tests used for DCD/dyspraxia and the positives of DCD/dyspraxia.

### The DCD Project (University of Exeter)

- [Dyspraxia!](#)

Short animation summarising dyspraxia, its impact and the importance of increasing understanding of dyspraxia to ensure individuals can access support.



### Brunel University:

- [A Research Led Video Raising Awareness of Developmental Coordination Disorder \(DCD\)/'Dyspraxia' in Children and Adults](#)

Video developed by researchers raising awareness for DCD in the general population.

### The University of Edinburgh: Salvesen Mindroom Centre

- [About Neurodiversity](#)

Information about neurodiversity and how it shapes experiences in different aspects of life. Includes a glossary of key neurodiversity terms.





## University of South Wales

- [Guide to Success: Activities of Daily Living](#)

A resource created by neurodivergent adults offering advice and strategies the authors have found useful for daily activities, e.g. around the home, out and about.

- [Guide to Success: Relationships](#)

A resource created by neurodivergent adults offering advice and strategies the authors have found useful when navigating different kinds of relationships.



## Advocacy Group Produced

### DCD Australia

- [Mental Health and DCD Information for Parents & Adults with DCD](#)

Short description of the increased mental health risk that comes with DCD, and the signs and impact of poor mental health. Note that phone numbers provided to access urgent medical support are Australian.



### Dyspraxia/DCD Ireland

- [Dyspraxia DCD short presentation](#)

Short video introducing DCD, including insights from professionals and individuals with lived experiences



## Other Organisations

### European Academy of Childhood Disability:

- [International clinical practice recommendations on the definition, diagnosis, assessment, intervention, and psychosocial aspects of developmental coordination disorder: pocket version](#)

Summarised version of the International CPR–DCD; comprehensive overview of DCD, current research–based understanding and clinical practice guidelines for both children and adults.



### Association for Child and Adolescent Mental Health



- [Developmental Coordination Disorder – Professor Amanda Kirby](#)

Recorded lecture covering DCD's history, diagnostic criteria and presentation of DCD across the lifespan.

### International cognitive approaches Network (ICAN)



- [CO-OP Introduction Online Course](#)

Introduction to the basic concepts and methods used in Cognitive Orientation to daily Occupational Performance, an evidence-based intervention initially developed to help children with DCD learn practical daily living skills.

## Books

- [Guide to Dyspraxia and Developmental Coordination Disorders](#), Amanda Kirby and Sharon Drew (2003)
- [Understanding Developmental Dyspraxia: A Textbook for Students and Professionals](#) Madeline Portwood (2015)
- [That's the Way I Think: An Exploration of Neurodiversity](#) David Grant (2026)
- [Stumbling through Space and time](#) Rosmary Richings (2022)
- [Lived Experiences, Challenges, and Learnings about Dyspraxia: Toward Greater Inclusion \(Disability Studies\)](#) Kimberley Marie Fraser (2024)
- [Knowing No Boundaries: A memoir of my life with dyslexia, dyspraxia and sensory processing disorder](#) Hannah Dal (2022)
- [All About Dyspraxia](#) Kathy Hoopman (2022)

