



DEVELOPMENTAL
COORDINATION
DISORDER
AUSTRALIA INC.

Some people with DCD need accommodations:

Extra
working
time

Rest
breaks

Flexible
writing
supports

Assistive
devices

These can make a **BIG** difference to their ability to participate and be successful





TOGETHER, we can create a better future for DCD



CO-OP Therapy

CO-OP is a therapy approach used by movement specialists

Substantial evidence to show that it works for DCD

Focuses on skill acquisition through a process of guided discovery





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Our Vision

A world where Developmental Coordination Disorder is recognised and understood by the community, health and education professionals and people with DCD are supported to reach their potential





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Modify the task
Alter the expectations
Try new strategies
Change the environment
Help others understand how
to help me

DCD

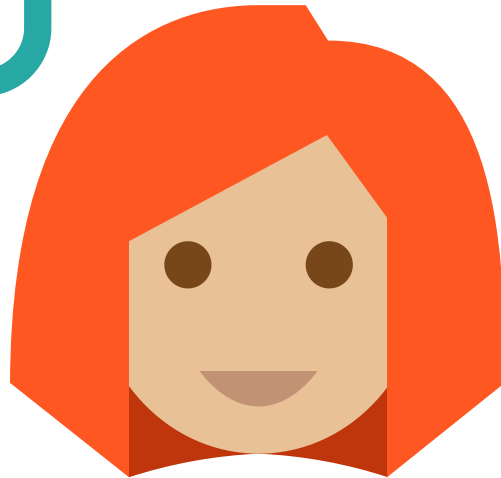
Awareness Week



THE ASSUMPTION

— ABOUT DCD —

**They are just
bad at sport**



THE REALITY

— OF DCD —

**Motor coordination is required for much more
than sport!**

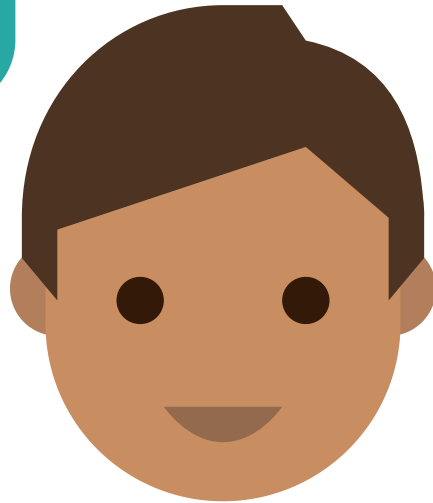
**Self-care (e.g. dressing), navigating road
crossings, driving, cooking, writing, moving in
crowds....**

**Most everyday tasks require some level of
coordination, so the implications of having
DCD are much broader than having difficulty
with sport.**

THE ASSUMPTION

— ABOUT DCD —

**They will
catch up.
Maybe the
just need
more practice.**



THE REALITY

— OF DCD —

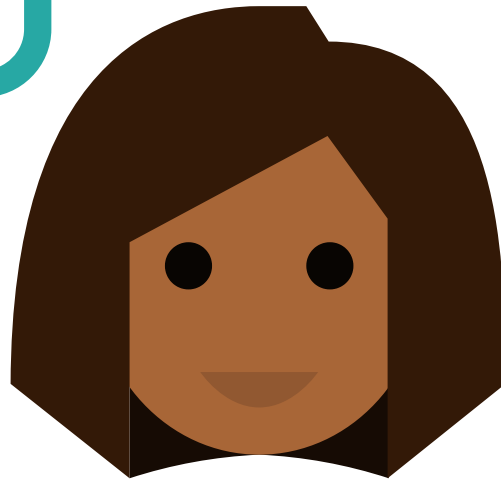
DCD is a lifelong disorder.

Some skills can improve with the right interventions, but those improvements typically don't transfer to other skills in the way they would for someone without DCD.

THE ASSUMPTION

— ABOUT DCD —

**They don't
want to
participate in
PE classes**



THE REALITY

— OF DCD —

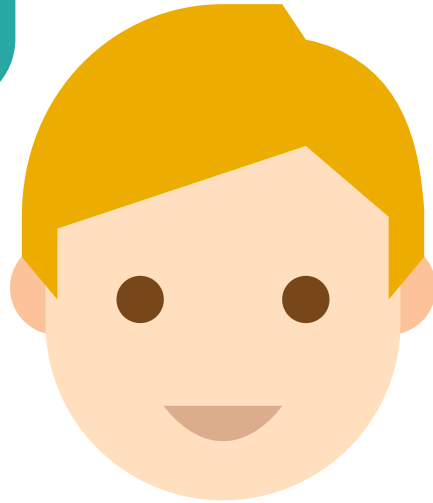
PE classes can be a minefield for a child with DCD. But with a greater emphasis on participation over skill, and by providing opportunities for success through task modification or alteration, children with DCD can thrive in PE.

And remember, people with DCD are individuals and some might love PE regardless.

THE ASSUMPTION

— ABOUT DCD —

**They are lazy
in the
classroom, or
aren't trying
hard enough.**



THE REALITY

— OF DCD —

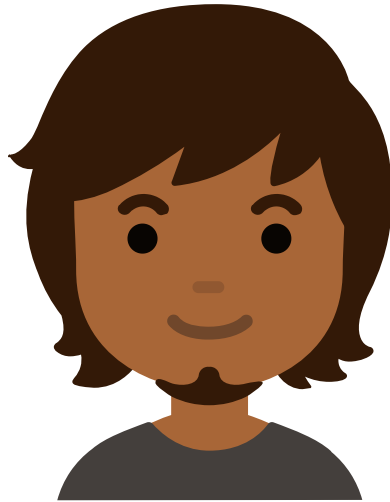
**Individuals with DCD can tire easily.
Often they have to work much harder, both
cognitively and physically, to achieve the
same result as peers.**

**Consider spacing tasks out to give them time
to recharge when needed.**

THE ASSUMPTION

— ABOUT DCD —

They are just clumsy. Is that even a disability?



THE REALITY

— OF DCD —

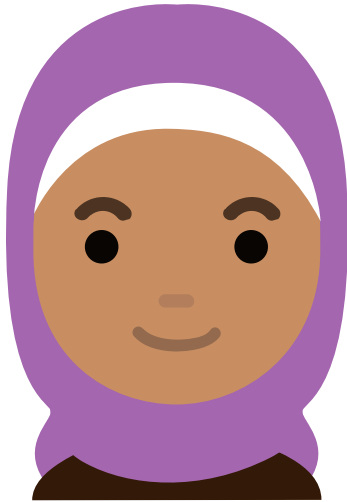
Yes, DCD is a disability.

Research is showing us, for example, that individuals with DCD have differences in the way their brain fires during activities.

THE ASSUMPTION

— ABOUT DCD —

**Being 'clumsy'
doesn't really
matter long-
term.**



THE REALITY

— OF DCD —

Actually, it does.

**Having DCD puts a person at greater risk of
poor mental and physical health outcomes if
appropriate interventions and support are
not provided.**

Developmental Coordination Disorder (DCD)

impacts:



How someones body moves

Fine and gross motor skills



Achievement at school

Multifaceted risk of falling behind



Physical health

Increased risk of obesity and cardiovascular disease



Mental health

Increased risk of depression and anxiety



Family walks! Walk the dog, print out a treasure hunt sheet to take, take binoculars, play 'I spy'

1



Turn the music up and go crazy! Have a dance party, let the kids jump on the couch, have a pillow fight.

2



If you have a trampoline - use it! Jump with them, stand on the side and try to catch them.

3



Use technology to your advantage! There are so many great quick and fun activity challenges online now!

4



Can you find 5? Physical activity doesn't need to occur in a block. Five mins here and there adds up!

5



Just get outside!! Being outdoors naturally creates activity opportunities. And it's great for mental health.

6

**Helping a child
with DCD
increase their
physical
activity level**

**Developmental Coordination
Disorder (DCD)
does not impact
intelligence....
but can significantly impact
school achievement**

The Australian Impact for DCD survey asked families about their greatest challenges at school. Here are the top 5 responses:



Lack of teacher awareness

Fatigue and keeping up
in class



Making friends and
socialising

Inclusion in the
playground



Bullying

**Developmental Coordination
Disorder (DCD)**
**is a lifelong disability,
impacting adults as well as
children.**

Some areas of living that DCD can
impact in adulthood:



Job choices



Driving ability



Road crossing
safety

Physical
activity levels



Quality of
life



Mental and
physical health

Developmental Coordination Disorder (DCD)

**is a motor skill disorder....
this impacts everyday skills
we all take for granted, NOT
just sporting ability**

The Australian Impact for DCD survey asked families about the activities their child found most difficult. Here are the top 5 responses:



Dressing

Eating using
utensils



Self-care tasks

Writing and
drawing



Using scissors

Developmental Coordination Disorder (DCD) can require lots of therapy.

- 2 out of 3 Australian families do not believe their child's current level of therapy is sufficient
- Meeting therapy costs causes financial strain in over 50% of families
- Over 50% of families have no funding access
- After age 7, lack of access to NDIS funding makes therapy access harder still

Paediatricians/
Doctors

Occupational
therapists



Psychologists

Physiotherapists



Exercise
physiologists