

## **Dyspraxia**

(affects up to 10% of the general population to some degree)

### **Key characteristics:**

- issues with the timing and sequencing of movements, which can affect fine-motor control and/or gross motor control and balance
- sequencing generally may be weaker-than-typical
- spatial awareness can be compromised, making judging distances difficult
- temporal awareness (sense of time passing) can be weaker, making it difficult to estimate how long tasks might take
- slower-than-typical speed of processing

### **Organisations that offer information and support**

- [The Dyspraxia Foundation](#)