

DCD Awareness Week – 13th-19th October 2024

October 13-19, 2024 is DCD Awareness Week, an opportunity to highlight this common but underrecognized condition and improve the opportunities for those affected by DCD to reach their full potential.

Developmental Coordination Disorder (DCD) is a condition that impacts both fine and gross motor skills, such as balance, coordination and manual dexterity. Those living with DCD may have difficulty with everyday tasks such as dressing, tooth brushing and handwriting and leisure activities such as riding a bicycle, ball sports or playing a musical instrument. There may also be issues with short-term memory, spatial awareness and organization and planning. Although there are no physical manifestations of DCD and intellect is normal, the challenges of DCD have enormous impact on personal, social and educational life. Educational failure, social exclusion and impaired mental health are alarmingly common.

Once thought to be exclusively a childhood condition, DCD is now recognized as a lifelong and surprisingly common condition, affecting **5-10%** of school-aged children. Difficulties persist into adulthood for at least 50-70% of individuals with DCD, impacting employment options, social opportunities and acquisition of important skills such as driving a car.

Despite the significant challenges, individuals with DCD are bright, creative, empathic and very capable of contributing fully to society. Recognition and understanding of the specific challenges can lead to adaptations that improve success for the individual and opportunities for society to benefit from the many strengths that may be masked by the challenges.

Despite being as common as, for example ADHD, DCD remains relatively unknown to many parents, teachers, employers and healthcare professionals. Without recognition, advocacy and support, the risk of adverse consequences is high for both the individual with DCD and their community. DCD Awareness Week helps to highlight the condition, its impact, and the opportunities for positive change.

DCD Awareness Week is committed to increasing public understanding of this condition, helping others to recognize its impact and fostering compassion for those who live with it.

How to Participate in DCD Awareness Week

Join Training and Workshops

DCD Awareness Week is the perfect opportunity to organize or attend educational sessions, whether in-person or virtual, to deepen the understanding of DCD.

Learn Key Facts About DCD

This week is also a time to increase your knowledge and share information about DCD to raise awareness:

- It is estimated that 5-10% of the population has DCD, but many cases go undiagnosed.
- DCD is a hidden condition—although it may not be physically visible, it can be noticeable in the way people perform everyday activities.
- Individuals with DCD often need to exert more mental effort to complete everyday tasks and may perceive the world differently from others.

Create DCD-Friendly Environments

Use DCD Awareness Week to make spaces more accommodating for people with DCD. This might include adjusting workplace and school environments to be more flexible, reducing clutter, using ergonomic furniture, providing clear signage and implementing reasonable adjustments.

To find out more about how to get involved in DCD Awareness Week, contact your country representative at <https://www.isra-dcd.com/boardmembers>.

NB. DCD in the UK is often referred to as Dyspraxia