

ARCOS

The Association for Rehabilitation of
Communication and Oral Skills

DYSPRAXIA ASSESSMENT

What is dyspraxia?

Developmental co-ordination disorder is the term used for a cluster of symptoms otherwise known as dyspraxia. Both terms are used interchangeably, but for clarity we'll use the term dyspraxia.

Signs and symptoms

In essence, dyspraxia means a difficulty with movement. It presents as a difficulty planning and executing movements smoothly and effectively.

Common symptoms that people present with who have dyspraxia include:

- Poor co-ordination, often bumping into things (recognised as being 'clumsy')
- Poor balance, often tripping up or falling over
- Late to reach typical developmental milestones such as sitting, crawling and walking
- Always on the move and fidgeting, can't sit still
- Late to develop left or right hand dominance
- Handwriting might be messy or illegible, difficulty writing at speed due to discomfort in hand
- School pupils may complain of difficulty copying from the board, painful hand when writing, not wanting to join in PE, always picked last for team sports
- Difficulty doing up buttons, zips and shoelaces, or using a knife and fork
- Take a long time to learn new motor skills such as riding a bike
- Games involving balls such as football or tennis are more difficult to learn
- Reduced concentration
- Poor concept of time, often late
- Can be disorganised, need frequent prompts and reminders to get things done
- Prefer one instruction at a time

Individuals may present with some or all of these difficulties, and each person is different.

If you feel that you, or someone you know, may be experiencing symptoms of dyspraxia, then get in touch to discuss how we can help:

Call us on 01684 576795

Email us at admin@arcos.org.uk

Diagnosing dyspraxia

Whether you want a diagnosis or just want to better understand the difficulties you're experiencing and how to manage them more effectively, ARCOS can help.

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), the criteria for a diagnosis of dyspraxia is:

- A. The acquisition and execution of coordinated motor skills is substantially below that expected given the individual's chronological age and opportunity for skill learning and use. Difficulties are manifested as clumsiness (e.g., dropping or bumping into objects) as well as slowness and inaccuracy of performance of motor skills (e.g., catching an object, using scissors or cutlery, handwriting, riding a bike, or participating in sports).
- B. The motor skills deficit in Criterion A significantly and persistently interferes with activities of daily living appropriate to chronological age (e.g., self-care and self-maintenance) and impacts academic/school productivity, prevocational and vocational activities, leisure, and play.
- C. Onset of symptoms is in the early developmental period.
- D. The motor skills deficits are not better explained by intellectual disability (intellectual developmental disorder) or visual impairment and are not attributable to a neurological condition affecting movement (e.g., cerebral palsy, muscular dystrophy, degenerative disorder).

What does ARCOS offer?

We provide a detailed assessment followed by a written report that can be used as evidence by a medical professional when considering a formal diagnosis for criteria A-C above (only a medical professional can assess criterion D – we provide evidence but cannot diagnose).

As part of our assessment, we will provide general advice and strategies on how to manage daily living skills, and will signpost you to other information and resources. We can also liaise with education or employment agencies as needed.

Once you have received our report, we'll call you to discuss it to make sure you understand it and to answer any questions that you may have.

Follow up sessions are available to target specific goals. This may be using a knife and fork more easily, improving handwriting, or strategies to support organisational or cooking skills within daily life.

We're with you all the way and are only ever a phone call away if you have any questions.

Your journey with us

Enquiry

All enquiries via telephone or email will be offered a half hour free telephone appointment with a therapist. During this telephone call we can discuss individual needs, explain the assessment process and appropriate fees and answer any preliminary questions.

Your assessment package

We will design and deliver a bespoke assessment package tailored to your specific needs and circumstances. It will include:

Background history

We'll ask you to complete a questionnaire prior to your appointment. The questionnaire asks about your developmental history, any medical problems you have had, and how the difficulties you experience impact on your day to day life.

Sensory profile

We'll also send you a sensory profile questionnaire that gathers information on the way that your different sensory systems work. Some of the questions may seem ambiguous but don't worry, we'll go through them together at our face-to-face appointment.

For more information on sensory processing [click here](#).

Face-to-face appointment

Once we have your completed questionnaires, we'll contact you to arrange a face-to-face appointment. This can be done at our specialist clinic space in Malvern, or within your own home (this may incur additional travel costs).

If you would like the assessment at home, we'll need sufficient space to carry out the assessment – this can be discussed over the phone. An appointment will generally last 2-3 hours, but if you would prefer two shorter appointments, please let us know.

Movement Assessment Battery for Children

This is a formal, standardised assessment for children between the ages of 3 years and 16 years 11 months. This assessment involves activities to test fine motor skills, gross motor skills, balance and ball skills.

Clinical observations

Our assessment includes a variety of fun, informal physical activities that help us to understand how your body works. Some are active, some are passive, some are done standing up, others lying down or sat at a table.

Make sure you wear something comfortable to your appointment, including sensible footwear, ideally trainers or pumps.

Report

Once the assessment is complete, you'll receive a detailed report including relevant background information, developmental history, and results from each of the assessments carried out.

When you have received the report, we'll call you to go through the report together and answer any questions. **Remember: this is *your* report, we want to ensure that *you* understand it and that the information within it is useful *to you*.**

We only share the report with you, unless you specifically request us to send a copy directly to a school, employer, or other medical professional.

(The report can be used as evidence for meeting criteria A, B and C in the DSM V classification of dyspraxia.)

Video

We like to film our assessment activities as this supports the report writing process. Videos are for our information only and are never shared with third parties.

This is not compulsory. You will receive a consent form as part of your initial paperwork so if you do not wish your session to be videoed, please let us know.

Follow up

We provide you with some generic strategies and advice within your report package. This includes links to some useful websites and resources that you may find helpful.

If there is a specific activity that you would like to improve (for example, using a knife and fork), we can provide tailored therapy sessions to help you with this. Therapy sessions can be booked individually or as part of a discounted block.

We also offer visits into school to offer specific advice and strategies to teachers as needed. Please discuss this with your school first if you would like to consider this option.

Similarly, if you would like our support within your workplace, we are happy to meet with your employer to discuss your specific needs and any reasonable adjustments you require.

Feedback

Once the report has been completed we'll send you a feedback form. We're continually striving to improve the services we provide, and would be very grateful if you could take the time to let us know your honest thoughts about the service and support you receive from ARCOS.

Fees and funding

Our fees*

Assessment package <ul style="list-style-type: none">• Face-to-face assessment of motor skills• Sensory profile assessment• Full liaison with other professionals as required• Written report• Follow up phone call	£950
1:1 support sessions (adults) To support you with specific goals	£85/hour
1:1 support sessions (children) To support you with specific goals	£60/hour

Why ARCOS?

We are a collaborative organisation with specialists in the assessment, treatment, and management of communication and associated difficulties encountered in neurological disorders. In addition to ARCOS therapists, a number of experts provide additional advice, information and assessment as appropriate.

Our therapists are experienced clinicians who are state registered and active members of their professional bodies. Every therapist in the ARCOS Expert Witness Service has attained recognised qualifications in their area of speciality.

We also have a close working relationship with the Ann Craft Trust, who specialise in safeguarding consultation and advice for children and young people.

We can carry out home visits on request to carry out assessments and comprehensive reports will be produced and shared.

ARCOS is registered with the Health and Care Professionals Council and is a member of the National Council for Voluntary Organisations, ISAAC (International Society for Augmentative and Alternative Communication), and Communication Matters, the UK arm of ISAAC.

Kate Badger

Kate is an OT and dyspraxia assessment specialist at ARCOS.

Since qualifying with an honours degree in Occupational Therapy in 1998, Kate spent many years working in the NHS gaining experience in a variety of clinical areas, including acute orthopaedics and medicine, admission prevention and facilitated discharge, elderly care, community learning disabilities, paediatrics, autism assessment service, and learning disability intensive support service.

She has also worked for an independent charity offering mentoring and support into mainstream schools to deal with the sensory needs and specialist learning needs of children in mainstream education. More recently Kate provided support for children and young adults with trauma histories, specialist learning needs, and learning disabilities at a specialist college.

Kate has a special interest in working with children, young people, and adults who experience sensory processing difficulties. Differences in sensory processing are often features of neurodiverse diagnoses, such as Autistic spectrum conditions, Attention Deficit Hyperactivity Disorder, and dyspraxia.

Get in touch

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Email us at admin@arcos.org.uk

ARCOS | Never say never