Dys-ing You, Dys-ing Me

Dyslexia, Dyscalculia, Dysgraphia, and Dyspraxia
"I need you to be serious for a minute"

whoa hold up, that sense of humor is a load-bearing coping mechanism, it's not going anywhere.
This is a document for discussion, concentrating mainly on the difficulties of those with neuro-diversity. It must however be pointed out that many such people are excellent at maths, co-ordination, reading etc. We are people of extremes.

**Dyspraxia/DCD**
Difficulties with planning, movements, co-ordination and practical tasks as well as tracking and balance, poor spatial awareness and muscle tone

**Dyslexia**
Difficulty with words: reading, writing, spelling, speaking, listening. Preference for non-linear thought

**Neuro-Diversity**
Difficulties with organisation, memory, concentration, time, direction, perception, sequencing. Poor listening skills. All may lead to low self-esteem, anxiety, and depression if others are not aware. Can be creative, original, determined.

**Autism spectrum disorder (ASD) including Asperger's Syndrome**
Social and communication problems. Obsessive interests. Difference in imagination

**AD(H)D**
Impulsive, temper outbursts, hyperactivity
Low frustration threshold
Easily distracted or over-focused

**Tourette's Syndrome**
Verbal and physical tics
Dyslexia symptoms can vary from person to person, but common markers include:

- Struggling with phonemic awareness, or the ability to differentiate between and use individual sounds in words
- Slow or distorted phonological processing
- Reading or writing letters or words out of order; poor spelling
- Reading slowly or with frequent pauses
- Difficulty sounding out unknown words
- Misuse or total disregard of punctuation
- Difficulty mastering correct spelling
- Trouble with handwriting
- Difficulty recalling known words
- Delayed speech development
- Trouble rhyming
- Short attention span
- Difficulty following directions
- Trouble distinguishing letters, numerals or sounds
Dysgraphia

Specific ways dysgraphia can present include:

1. Dyslexic Dysgraphia
   - Poor spontaneous written work
   - Copied work okay
   - Minimal fine motor deficits

2. Motor Dysgraphia
   - Poor fine motor skills
   - Written work is illegible; spontaneous or copied
   - Short samples may be okay, with extra effort/time
   - Poor grasp
   - Spelling not affected

3. Spatial Dysgraphia
   - Visual-spatial deficit
   - Both spontaneous and copied work is poor
   - Spelling and fine motor skills are usually okay
   - Poor baseline placement and spacing

4. Phonological Dysgraphia
   - Notable in the spelling of unfamiliar words, non-words, and phonetically irregular words
   - Difficulty with phonemes and blending appropriately

5. Lexical Dysgraphia
   - Relies on sound-to-letter patterns
   - Misspellings in irregular words
Dyscalculia

- Difficulties with processing numbers and quantities, including:
  - Connecting a number to the quantity it represents (the number 2 to two apples)
  - Counting, backwards and forwards
  - Comparing two amounts
- Trouble with subitizing (recognize quantities without counting)
- Trouble recalling basic math facts (like multiplication tables)
- Difficulty linking numbers and symbols to amounts
- Trouble with mental math and problem-solving
- Difficulty making sense of money and estimating quantities
- Difficulty with telling time on an analog clock
- Poor visual and spatial orientation
- Difficulty immediately sorting out direction (right from left)
- Troubles with recognizing patterns and sequencing numbers
If you have dyspraxia it may affect:

- your coordination, balance and movement
- how you learn new skills, think, and remember information at work and home
- your daily living skills, such as dressing or preparing meals
- your ability to write, type, draw and grasp small objects
- how you function in social situations
- how you deal with your emotions
- time management, planning and personal organisation skills
- often have language problems, and sometimes a degree of difficulty with thought and perception
Accommodations

- Making use of assistive technologies.
  - Smartphone apps, computer programs, and even simple things like calculators or spell check
- Providing materials for meetings or presentations ahead of time.
  - Being allowed to prepare for big meetings in advance can help you feel more confident
- Use external timers and cues to keep on task
- Asking for summaries when possible.
- Making use of larger print, different fonts, and different colored paper or color coded documents
- Occupational, Physical, and Speech Therapy