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Community Interest Company

Supporting Someone with Dyspraxia Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for adults supporting someone with dyspraxia (Developmental Coordination Disorder).

It is intended for partners, family members, friends, carers and volunteers supporting adults aged 18 and over.

This workbook is not a substitute for professional medical advice or assessment. Everyone experiences dyspraxia differently, and support should always be tailored to the individual's needs.

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Supporting Someone with Dyspraxia

PAGE 1 – Understanding Dyspraxia

Dyspraxia, also known as Developmental Coordination Disorder (DCD), is a lifelong condition that affects movement, coordination and the planning of physical tasks. It can also affect organisation, time management, memory and everyday activities.

Many adults with dyspraxia develop effective ways of managing their challenges and have many strengths, including creativity, determination and problem-solving skills.

Understanding and patience can make a significant difference.

♥ Dyspraxia may affect...

- ☐ Balance and coordination
- ☐ Organisation
- ☐ Time management
- ☐ Concentration
- ☐ Fine motor skills
- ☐ Confidence
- ☐ Daily living tasks
- ☐ Planning activities
- ☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I become a better supporter?

Remember

Dyspraxia is not a lack of intelligence or effort.

With understanding, patience and practical support, adults with dyspraxia can develop confidence and thrive.

Support the person, recognise their strengths and celebrate progress.

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Supporting Someone with Dyspraxia

PAGE 2 – Understanding the Person

No two people with dyspraxia are the same.

Some people may experience difficulties with coordination, organisation or planning, while others may have challenges with confidence, fatigue or processing information. These difficulties can vary from day to day.

It's important to see the person beyond the diagnosis. Dyspraxia is only one part of who they are.

Things that may help them feel supported

- ☐ Being patient.
- ☐ Giving clear instructions.
- ☐ Allowing extra time.

- ☐ Breaking tasks into smaller steps.
- ☐ Encouraging without criticising.
- ☐ Recognising their strengths.
- ☐ Listening without judgement.
- ☐ Other:

 How can I support them today?

- ☐ Be patient.
- ☐ Offer practical help if needed.
- ☐ Respect their independence.
- ☐ Encourage rather than take over.
- ☐ Ask how I can help.
- ☐ Celebrate achievements.
- ☐ Understand mistakes happen.
- ☐ Other:

 What have I learned about what helps them?

♥ What strengths do they have?

♥ Remember

Adults with dyspraxia often spend years adapting to challenges that others may not notice.

Your patience, encouragement and understanding can help build confidence and reduce frustration.

Support their independence, recognise their strengths and celebrate every achievement.

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Supporting Someone with Dyspraxia

PAGE 3 – Communicating with Understanding

Communication is about more than words.

Some adults with dyspraxia may need a little more time to process information, organise their thoughts or complete tasks. They may also become frustrated if they feel rushed or misunderstood.

By communicating with patience and understanding, you can help reduce stress and build confidence.

Helpful ways to communicate

- ☐ Speak clearly.
- ☐ Give one instruction at a time.
- ☐ Allow extra time to respond.
- ☐ Check they have understood.
- ☐ Be patient if they need something repeated.
- ☐ Encourage questions.
- ☐ Listen without judgement.
- ☐ Other:

Helpful things I can say

- ☐ "Take your time."
- ☐ "There's no rush."
- ☐ "How can I make this easier?"
- ☐ "You're doing really well."
- ☐ "Let's work through it together."
- ☐ Other:

♥ Things to try and avoid saying

- ☐ "Hurry up."
- ☐ "It's easy."
- ☐ "You just need to try harder."
- ☐ Criticising mistakes.
- ☐ Comparing them to others.
- ☐ Taking over without asking.
- ☐ Other:

♥ One thing I can do today to support them

♥ Remember

Small changes in how you communicate can make a big difference.

Being patient, encouraging and giving someone the time they need helps build confidence and independence.

Kindness, understanding and encouragement help people with dyspraxia reach their full potential.

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PAGE 4 – Supporting Everyday Life

Living with dyspraxia can make some everyday tasks more challenging, but with understanding and practical support, many people develop strategies that work well for them.

The aim of support is not to do everything for the person, but to help them build confidence, independence and find solutions that suit their individual needs.

Everyone's experience of dyspraxia is different.

 Practical ways I can help

- ☐ Break larger tasks into smaller steps.
- ☐ Encourage the use of reminders or planners.
- ☐ Allow extra time for activities.
- ☐ Help create simple routines.
- ☐ Encourage independence where possible.
- ☐ Offer support without taking over.
- ☐ Celebrate progress and achievements.
- ☐ Other:

♥ Everyday tasks they may find more difficult

♥ Things they do well independently

♥ One practical thing I can do this week

♥ Remember

Supporting someone with dyspraxia is about helping them find what works best for them.

Small adjustments, patience and encouragement can increase confidence and independence while reducing unnecessary frustration.

Support their abilities, encourage their independence and celebrate every success—no matter how small.

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PAGE 5 – Supporting Emotional Wellbeing

Living with dyspraxia can sometimes affect confidence, self-esteem and emotional wellbeing.

Everyday tasks that others may find simple can feel frustrating or exhausting. Some people may worry about making mistakes, feel misunderstood or compare themselves to others.

Your encouragement, patience and acceptance can help someone feel valued for who they are rather than focusing on the challenges they face.

 They may be feeling...

☐ Frustrated.

☐ Anxious.

☐ Overwhelmed.

☐ Embarrassed.

☐ Low in confidence.

☐ Misunderstood.

☐ Isolated.

☐ Hopeful.

☐ Other:

 How can I support their emotional wellbeing?

☐ Listen without judgement.

☐ Encourage their strengths.

☐ Celebrate achievements.

☐ Be patient during difficult days.

☐ Reassure them that mistakes are okay.

☐ Encourage hobbies and interests.

☐ Respect their independence.

☐ Other:

 What usually helps them feel more confident?

 One thing I can do today to encourage them

Remember

Confidence grows when people feel accepted, understood and encouraged.

Recognising strengths instead of focusing on difficulties can help someone with dyspraxia build resilience, independence and self-belief.

Your encouragement, patience and belief in them can make a lasting difference.

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Supporting Someone with Dyspraxia

PAGE 6 – Looking After Yourself as a Supporter

Supporting someone with dyspraxia can be rewarding, but there may also be times when you feel tired, frustrated or unsure how best to help.

Looking after your own wellbeing allows you to continue offering patient, consistent and compassionate support.

Remember, supporting someone doesn't mean you have to do everything yourself.

 How am I feeling today?

- ☐ Calm
- ☐ Hopeful
- ☐ Tired
- ☐ Stressed
- ☐ Worried
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Emotionally drained
- ☐ Other:

 This week I will...

- ☐ Take regular breaks.
- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Talk to someone I trust.
- ☐ Make time for activities I enjoy.
- ☐ Accept support when it's offered.
- ☐ Practice self-care.
- ☐ Other:

♥ People who support me

1.

2.

3.

♥ One thing I will do for myself this week

♥ Remember

Supporting someone with dyspraxia is a journey, and it's okay to recognise your own needs too.

Looking after yourself helps you stay patient, positive and able to continue encouraging the person you support.

A well-supported carer is better able to provide supportive care.

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PAGE 7 – Encouraging Independence and Confidence

Adults with dyspraxia often develop their own ways of managing everyday challenges.

Encouraging independence means offering support when it's needed while allowing the person to make their own choices, solve problems and build confidence at their own pace.

Progress may be gradual, but every achievement is worth celebrating.

 Ways I can encourage independence

- ☐ Encourage them to make their own decisions.
- ☐ Allow extra time to complete tasks.
- ☐ Support problem-solving rather than taking over.
- ☐ Celebrate progress.
- ☐ Encourage realistic goals.
- ☐ Focus on strengths and abilities.
- ☐ Respect their independence.
- ☐ Other:

 Things they enjoy and do well

- ☐ Creative hobbies.

☐ Technology.

☐ Music.

☐ Reading.

☐ Exercise.

☐ Volunteering.

☐ Spending time with friends or family.

☐ Other:

♥ One positive goal for this week

♥ How can I help build their confidence?

Remember

Independence doesn't mean doing everything alone.

Sometimes the greatest support comes from encouraging someone to discover what works best for them while believing in their abilities.

Celebrate progress, encourage confidence and remember that everyone succeeds in their own way.

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PAGE 8 – My Dyspraxia Support Plan

Every person with dyspraxia has different strengths, challenges and ways of managing everyday life.

The most effective support comes from understanding the individual, respecting their independence and working together to find practical solutions that suit them.

This support plan can help you focus on what works best while encouraging confidence and wellbeing.

 What helps them most?

- ☐ Clear communication.
- ☐ Extra time.
- ☐ Encouragement.
- ☐ Simple routines.
- ☐ Practical support when needed.

- ☐ Patience and understanding.
- ☐ Being recognised for their strengths.
- ☐ Having choices.
- ☐ Other:

My Three Priorities

1.

2.

3.

People and Services That Can Help

1.

2.

3.

My Personal Reminder

When supporting someone with dyspraxia, I want to remember...

Remember

Supporting someone with dyspraxia isn't about expecting perfection.

It's about recognising strengths, adapting where needed and encouraging independence with patience and understanding.

Small acts of encouragement can build confidence that lasts a lifetime.

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PAGE 9 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone with dyspraxia is about recognising their strengths, respecting their independence and offering patient, practical support when it's needed.

Everyone's journey is different. By taking the time to understand how dyspraxia affects the individual, you can help build confidence, reduce frustration and encourage independence.

Your encouragement can make a lasting difference.

I Will Remember To...

- ☐ Be patient and understanding.
- ☐ Focus on strengths rather than difficulties.
- ☐ Encourage independence.
- ☐ Give extra time when needed.
- ☐ Listen without judgement.
- ☐ Celebrate progress and achievements.
- ☐ Continue learning about dyspraxia.
- ☐ Look after my own wellbeing too.

My Personal Reminder

When supporting someone with dyspraxia, I want to remember...

My Support Promise

"I will support this person with kindness, patience and respect. I will encourage their independence, recognise their strengths and provide practical support when needed. I will continue learning, celebrating progress and helping them build confidence in their own abilities."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Living with dyspraxia may present challenges, but it does not define a person's potential.

With understanding, encouragement and the right support, adults with dyspraxia can continue to build confidence, develop their strengths and achieve their goals.

Thank you for taking the time to learn how to provide compassionate, person-centred support.

Explore our growing library of free workbooks and wellbeing resources at:

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 Supporting adults, families, carers and communities with compassion, dignity and hope.