

TRAINING COURSE | The Assessment of Developmental Coordination Disorder in Adults -

The Assessment of Developmental Coordination Disorder in Adults

Overview

Facilitated by Dr Dorothy Armstrong

Developmental Coordination Disorder (DCD) is a life-long condition that continues to impact self-care, productivity, and leisure throughout adulthood. Adults with DCD may experience increased fatigue and anxiety, as well as challenges with executive functioning. Obtaining an identification in adulthood can be very difficult, which may leave individuals without an understanding of why they face daily challenges. This can contribute to self-criticism and a lack of self-compassion. Without a confirmed identification of DCD, adults are often unable to access the appropriate accommodations, supports, and therapeutic interventions that could significantly enhance their occupational performance.

This course is designed to equip Occupational Therapists with the knowledge and understanding required to follow an evidence-based pathway for assessing adults for DCD. The course is delivered online and consists of three webinars, each 2.5 hours in duration. Sessions will include PowerPoint presentation, lived experience video clips, discussion, and guided reflection. Participants will also receive a comprehensive course manual containing preparatory materials to review before each session and will have access to videos of the presentations for two weeks post the course.

Course Participants

This course is suitable for Occupational Therapists who wish to learn about an evidence-based pathway for identifying adults with Developmental Coordination Disorder.

Course Learning Outcomes

Participants will gain knowledge and understanding of:

- The diagnostic criteria for Developmental Coordination Disorder (DCD/Dyspraxia) in adults
- Best practice in assessing each of the diagnostic criteria
- When an assessment is not warranted
- The lived experience of DCD/Dyspraxia in adulthood
- Report writing following assessment
- Accommodations relating to employment, leisure, and daily life

Course Schedule

Thursday March 4th 9:30am – 12:00pm

Topics Covered:

- Diagnostic criteria for Developmental Coordination Disorder in adults
- Ethical practice: Knowing when not to proceed with an assessment

- Assessment of motor skills

Thursday March 11th 9:30am – 12:00pm

Topics Covered:

- Assessment of the impact of motor skill deficits on activities of daily living
- Understanding Developmental Coordination Disorder in adulthood

Thursday March 18th 9:30am – 12:00pm

Topics Covered:

- Documentation and Report writing
- Recommendations and accommodations

Course Facilitator — Dr Dorothy Armstrong

Dr Dorothy Armstrong (MSc, PhD) is an expert Occupational Therapist who specialises in neurodivergence. She works on projects to promote inclusion and delivers training, education, and advice to organisations, community groups, and schools. She also offers clinical supervision to Occupational Therapists and maintains a small clinical caseload.

She has made television and radio appearances and is the author of *The Next Adventure: Transitioning to Secondary School When You Have Developmental Coordination Disorder*. Dr Armstrong has been a long-time supporter and contributor to Dyspraxia Ireland. She is certified to teach at third level and has sixteen years' experience lecturing on Occupational Therapy programmes at Oxford Brookes University (UK) and the University of Galway.

Website: <https://dorothyarmstrongconsultantot.com/>

Additional Information

- **Limited places available** — early booking is strongly recommended.
- **Bookings will close one week before the course begins.**
- All sessions will be delivered **via Zoom**. Zoom details will be sent by Dr Armstrong's team prior to the course commencement.
- Each session will be **recorded** and available for **two weeks** after each session, allowing participants to catch up on missed content or review key material.

Booking

Course fee is €260 and is delivered online.

What Participants have said about this course:

"I have recently completed Dr Dorothy Armstrong's DCD adult assessment course. I couldn't recommend it more highly - the combination of research, best practice guidance and practical examples made for an engaging and extremely useful course. Dorothy's experience, skill and genuine positive regard for her clients is clear throughout the course and I have come away feeling confident in assessing and supporting adults with DCD."

"Even though it was online, everyone really came together to share their thoughts, questions and experiences. Dorothy created such a lovely learning environment that no question felt like a silly one!"

"I really liked Dorothy's personable approach, and that she kept the lived experience of Dyspraxia and also getting a diagnosis as an adult, to the front of our minds. I liked the clarity of the pathway and that Dorothy has provided the evidence for this. I really loved our group, loved learning along with them. I like that we have a shared drive to access the information. I particularly appreciated Alan's video and that he was so kind to share his own experience of dyspraxia through his life "