

The Assessment of Developmental Coordination Disorder in Adults

Training Course for Health Professionals

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 a diagnosis 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 diagnosis, 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 clinicians 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, discussion, and guided reflection. Participants will also receive a comprehensive course manual containing preparatory materials to review before each session.

Course Participants

This course is suitable for **Occupational Therapists, Physiotherapists, and GPs** 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
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Course Schedule

Thursday September 10th | 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 September 17th | 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 September 24th | 9:30am – 12:00pm**Topics Covered:**

- Onward referral and report writing
 - Recommendations and accommodations
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Course Facilitator — Dr Dorothy Armstrong

Dr Dorothy Armstrong (MSc, PhD) is an expert Occupational Therapist who specialises in neurodivergence. She currently 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 seven years' experience lecturing on Occupational Therapy programmes at Oxford Brookes University (UK) and the University of Galway.

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.