



UNIVERSITY OF  
**LIMERICK**  
OLLSCOIL LUIMNIGH



**Dyspraxia**  
**DCD Ireland**

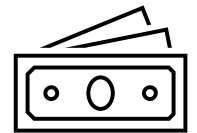
**Dyspraxia/DCD Ireland**

**Life Hacks for 3<sup>rd</sup> Level**



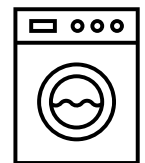
## Shopping and money tips:

- Before going to the shop, check what food items you already have at home.
- Next, write a list of what is needed.
- While shopping, tick off items as you go
- Prioritise what is needed most
- Check prices to ensure you have brought enough money
- Compare prices - look at store branded products
- Bring a shopping bag and keep it in the same place at home so you know where it is
- Bring a bag for your phone and money so that your hands are free for shopping.



## Cleaning tips:

- Try to clean your bed room once a week
- Change and wash bed sheets at least every 2 weeks
- Pick a particular day to do laundry each week and stick to this laundry day if you can. A routine helps you remember to do it.
- Each day air out your room for 10 minutes to prevent dampness.
- Have one container for cleaning products and keep in one location
- Colour code cleaning cloths e.g., blue for the loo, pink for the sink



# Food prep/cooking strategies:

## Environment (kitchen):

- Tidy the kitchen first to allow for a clear worktop space
- Keep ingredients in the same place for ease of access
- Use a timer on your phone to time cooking
- Use nonslip mats and silicone cookware as they are not as hot and prevent slipping
- Use rubber gloves or a rubber gripper to open jars



## Things to help with independent cooking:

- Hold the food while cutting it
- Move around and stretch to prevent muscle stiffness standing in the kitchen
- Identify cooking skills you'd like to work on and watch videos to practice
- Break down recipes into smaller steps
- Try websites like 'Accessible chef' for simple recipes with step-by-step instructions



## Adapt the activity:

- Use pre-prepared food (pre-chopped vegetables, grated cheese)
- Allow sufficient time- prepare meals the night before
- Try one pot meals- you only need to time one thing



# Self-care

*When moving to college it is important to look after your physical, social and mental health. Here are some useful strategies to promote self-care. These are important to implement at all times, but especially at stressful times like during exams and assignments:*

Self-care = doing things you enjoy and going to places you like

## Self-care activities:

- Deep breathing
- Yoga
- Read a book or magazine
- Take a leisurely walk
- Watch funny videos
- Watch your favourite TV show
- Listen to some music/ a podcast
- Burn a candle or diffuse some oils of your favourite scent
- Try a new hobby
- Cook or bake
- Stretch out muscles
- Write a list of things your grateful for



**Sleep:** practice a good sleep routine. Sleep is important for physical and mental health



## Social activities:

- Research college clubs and societies online.
- If comfortable attend the clubs/societies fair.
- Many clubs have buddy systems in place for members to meet the club leader one to one at first
- Bring a friend

## References:

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