Parents, carers and dyspraxia: tips to reduce loneliness and isolation

18% of parents/carers who responded to a Dyspraxia Foundation survey (August 2023) said they always or often feel lonely. They shared this advice about how to feel less isolated and more connected to people with and without dyspraxia.

Be open and self-aware - being open about dyspraxia and its impact on you and the person you care for is key to helping others understand so they can include you in their events and activities.

- *If we meet new people, it helps if I explain to them a little bit about dyspraxia and the challenges that my son can face that they might not expect a child of his age to find a challenge.*
- *Being open about his difficulties and mentioning what he is good at - he is very creative and is at university. A sense of humour is essential.*

Meet other parents/carers who care for a dyspraxic person. Join a Dyspraxia Foundation group if there's one local to you - if not, get in touch to see how we can help you set one up.

- *Communicating with other families who have children with similar issues and challenges. They "get it." No long explanations required, they provide a sympathetic ear, and they often make an effort to offer helpful ideas and resources.*
- *Contact other dyspraxic parents, support groups and sharing experience.*

Connect with the wider dyspraxic community on social media – social media is a great way to connect with others if you don't have access to a local group or want to meet people with different experiences. Social media shared by trusted sources can also be a good source of information and support.

- *Following voices for and about dyspraxia remind me there is a whole community of people with similar experiences to me and my son.*
- *Reaching out on social media to others with the same struggles. Sometimes I read blogs online and other times I just sit at home where it feels safe and WE accept each other.*
- *I find social media groups such as Facebook support groups for parents of children with dyspraxia help me with some things such as navigating the education system.*

Get involved in dyspraxia-related events and advocate for dyspraxic people to feel a greater sense of purpose and community. This could be as simple as sharing Dyspraxia Foundation posts on social media, or something more involved like running a Dyspraxia Foundation stall at a community event.

- *Everyone needs to be part of something and to feel valued - we need to find those places.*
- *Being very active, always involved in different campaigns, organising social events.*

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