



Guide to Driving with Dyspraxia/DCD



Potential difficulties with driving	Suggestions for learning to drive	Suggestions for teaching
<p>Motor Coordination Spatial awareness Judging speed & distance Concentration Processing several instructions Sequencing several tasks at once Navigation Fatigue Left & right differentiation Recognition of road signs Judge the force on foot pedals Low self-confidence and anxiety</p>	<p>Do your research;</p> <ul style="list-style-type: none"> • Ensure your instructor knows about Dyspraxia/DCD • Tell your instructor about Dyspraxia/DCD • Learn in a low stress environment; Driving simulator, off road, carpark • Build up your confidence gradually • Pass the theory before starting the practical • Learn in an automatic car • Mark steering wheel to distinguish left and right • Practice, practice: the key with dyspraxia! 	<p>Don't make assumptions;</p> <ul style="list-style-type: none"> • Everyone with dyspraxia is different; • Be patient, be friendly, be approachable • Repeat instructions to aid short term memory • Limit verbal information/chatting when driving • Repeat key phrases; MSM (Mirror Signal Manoeuvre) New road, new mirror Five-point check • Analogies can be helpful to aid understanding. • Many dyspraxics have a great imagination, so use this to their advantage when teaching!



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Where to find help;

- Dyspraxia Foundation website; <https://dyspraxiafoundation.org.uk/dyspraxia-adults/driving/>; <https://dyspraxiafoundation.org.uk>
- Regional Driving Assessment Centres; <http://www.rdac.co.uk/>
- Disabled Driving Instructors; <https://www.disabilitydrivinginstructors.com>
- Queen Elizabeth Foundation, mobility services; <https://gef.org.uk/our-services/gef-mobility-services>

Useful References;

- Cousins, M., & Smyth, M. M. (2003). Developmental coordination impairments in adulthood. *Human Movement Science*, 22, 433–459.
- de Oliveira, R. F., & Wann, J. P. (2011). Driving skills of young adults with developmental coordination disorder: Regulating speed and coping with distraction. *Research in Developmental Disabilities*, 32, 1301–1308.
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- Kirby, Edwards, & Sugden. (2011). Driving Behaviour in Young Adults with Developmental Co-ordination Disorder. *Journal of Adult Development*, 18, 122–129.
- Missiuna, C., Moll, S., King, G., Stewart, D., & Macdonald, K. (2008). Life experiences of young adults who have coordination difficulties. *Canadian Journal of Occupational Therapy*, 75, 157-166.