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Nota di contenuto	COVER; LIVING WITH DYSPRAXIA; CONTENTS; FOREWORD BY VICTORIA BIGGS; ACKNOWLEDGEMENTS; INTRODUCTION BY DR AMANDA KIRBY; 1. What is Developmental Dyspraxia?; A definition of dyspraxia; What causes dyspraxia?; Who is affected by dyspraxia?; What are the symptoms of dyspraxia?; Associated conditions; So...do you have dyspraxia?; 2. Assessment, Diagnosis and Treatment; First steps; What to do when you first seek assessment; Who can assess for dyspraxia?; What happens after assessment and diagnosis?; Treatment and intervention; Other treatments and interventions; 3. Relaxation, Sports and Exercise Relax!Complementary therapies; Sports and exercise; Relaxing hobbies; 4. Communications and Relationships; Conversations and discussions; Personal and sexual relationships; Taking responsibility; Helping yourself; Helping yourself; 5. Organising Yourself; Personal care and hygiene; Clothes; Budgeting and shopping; Written presentation; Eating, drinking and parties; Travelling; 6. Organising Your Home; Organising your time; Clearing the clutter; Washing dishes and clothes; Cooking; Sewing and craftwork; Do-it-yourself; Gardening; 7. Studying with Dyspraxia; Finding the right place

Disabled Students Allowance  
Getting started - How your college might help; Organise your studies; 8. Dyspraxia at Work; Jobs and careers - Getting started; Disability Discrimination Act; Trade unions; How to cope in the workplace; 9. Four Adults with Dyspraxia; Jean; Martin; Judith; Janet; APPENDIX 1 CLAIMING BENEFITS; APPENDIX 2 INDEPENDENT LIVING AND COMMUNITY CARE; APPENDIX 3 ASSESSMENT FOR ADULTS WITH DEVELOPMENTAL DYSPRAXIA; APPENDIX 4 INTERNATIONAL DYSPRAXIA CENTRES; APPENDIX 5 ADULT DEVELOPMENTAL DYSPRAXIA (DCD) QUESTIONNAIRE; APPENDIX 6 THE MAKE-UP OF NEURO-DIVERSITY  
DANDA: DEVELOPMENTAL ADULT NEURO-DIVERSITY ASSOCIATION  
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Sommario/riassunto

This book was written to help all adults with Dyspraxia tackle the everyday situations that many people take for granted. It is full of practical advice on everything from getting a diagnosis to learning how to manage household chores. Topics addressed include self-esteem and how Dyspraxia often interacts with other conditions.

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