



Adult Dyspraxia Screener

| | | Yes | No |
|--|--|-----|----|
| Q.1 | Do you have difficulties with self-care tasks, such as shaving, applying make-up? | | |
| Q.2 | Do you have difficulties writing neatly at speed (for example, when writing in an exam)? | | |
| Q.3 | Do you have difficulties when using tools or equipment (for example, a screwdriver, drill, or scissors)? | | |
| Q.4 | Did you experience any difficulties when learning to ride a bike or swim? | | |
| Q.5 | Do you find you are often bumping into things or people when walking? | | |
| Q.6 | Do you have difficulties with performing two tasks at the same time (for example, driving and listening)? | | |
| Q.7 | Do you struggle to stay clean when eating or drinking? | | |
| Q.8 | Do you have difficulties following written instructions (for example, preparing a meal from scratch)? | | |
| Q.9 | Have you ever been referred to as clumsy? | | |
| Q.10 | Have you ever had difficulties writing neatly or with holding a pen comfortable? | | |
| Q.11 | Have you ever had difficulties when playing ball games (for example, kicking, throwing, or catching)? | | |
| Q.12 | Do you have difficulties when participating in crafting activities (for example, painting, drawing, or card marking)? | | |
| Q.13 | Did you ever experience any difficulties when running (for example, ungainly, slow, stiff or awkward)? | | |
| Q.14 | Do you often find it difficult to organise your thoughts, your work or prioritise tasks? | | |
| Q.15 | Do you ever have difficulties finding your way around new buildings or places? | | |
| Q.16 | Do you ever have difficulties managing money? | | |
| Q.17 | Do you ever have difficulties when folding clothes to put them away neatly? | | |
| Q.18 | Do you have difficulties with distance estimation (for example, when parking, passing through doors or objects)? | | |
| Q.19 | Do you ever have difficulties when planning ahead? | | |
| Q.20 | Have you ever experienced time management difficulties (for example, being late, procrastinating, or becoming distracted)? | | |
| Total Points (1 point awarded for every YES answer) | | | |

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|-------------|-----|----------|-------|---------|
| Total Score | 0-5 | 6-10 | 11-15 | 15+ |
| Risk Level | Low | Moderate | High | V. High |