



Dyspraxia Self-Test

Please answer the following questions to the best of your ability. Be honest and consider your experiences over your lifetime.

Motor Skills:		Yes	No
1	Do you often bump into objects or people accidentally?		
2	Do you struggle with tasks that require coordination, such as tying shoelaces or using utensils?		
3	Do you find it challenging to learn new physical activities, like sports or dance routines?		
Organization and Planning:		Yes	No
1	Do you often forget appointments or lose track of time?		
2	Do you struggle to organize your thoughts or tasks, often feeling overwhelmed?		
3	Do you find it difficult to follow instructions or remember multi-step processes?		
Speech and Language:		Yes	No
1	Do you sometimes stumble over your words or find it hard to articulate your thoughts?		
2	Do you struggle with understanding jokes, sarcasm, or non-literal language?		
3	Do you find it challenging to express yourself clearly in writing?		
Sensory Sensitivity:		Yes	No
1	Are you particularly sensitive to noise, light, or certain textures?		
2	Do you find crowded or busy environments overwhelming?		
3	Do you have a heightened sense of taste or smell, often finding certain foods or smells intolerable?		
Social Interaction:		Yes	No
1	Do you find it challenging to pick up on social cues or understand others' emotions?		
2	Do you struggle to maintain friendships or find it hard to initiate conversations?		
3	Do you sometimes feel anxious or uncomfortable in social situations?		



Scoring Guide:

- Count the number of "Yes" responses.
- **0-3 Yes responses:** It's unlikely that dyspraxia is a significant concern for you.
- **4-7 Yes responses:** You may exhibit some characteristics of dyspraxia. Consider seeking further evaluation from a healthcare professional if these difficulties significantly impact your daily life.
- **8-12 Yes responses:** You may have significant traits associated with dyspraxia. It's advisable to consult with a healthcare professional for a formal assessment and guidance on managing your challenges effectively.

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