

Woodlands Primary Academy

An Explanation Of Some Of The Special Educational Conditions And Disabilities

References:

www.nhs.uk

www.autism.org.uk

life in autism world-social media

www.dyslexia.uk.net

Attention Deficit Hyperactive Disorder (ADHD)

A condition that affects people's behaviour, restlessness, concentration difficulties and acting on impulse are all symptoms of ADHD. Sleep and anxiety can also be problematic with some people.

The symptoms of ADHD can be categorised into two types of behavioural problems: inattentiveness and hyperactivity and impulsiveness. Most people will have difficulties that fall into both categories, however some people may only have difficulties with inattentiveness and not hyperactivity or impulsiveness. This form of ADHD is known as attention deficit disorder (ADD).

The signs of inattentiveness are:

- *short attention span, easily distracted*
- *making careless mistakes in school work*
- *forgetful and always losing things*
- *unable to stick to tasks that are time consuming or tedious*
- *unable to listen or carry out instructions*
- *constantly changing activity or task*
- *difficulties with organising tasks*

The signs of hyperactivity and impulsiveness are:

- *unable to sit still*
- *constantly fidgeting*
- *unable to concentrate on tasks*
- *excessive physical movement*
- *excessive talking*
- *unable to wait their turn*
- *acting without thinking*
- *interrupting conversations*
- *little or no sense of danger*

Although there's no cure, ADHD can be managed with appropriate educational support, advice and support for parents from healthcare and charities, and medication.

Autism Spectrum Disorder (ASD)

Autism is not an illness; it means the brain works in a different way from other people. It's something you're born with and it is not curable. It is a spectrum meaning people with autism have varying degrees of needs, and with support and adjustments people are able to function at their pace.

The signs of Autism are:

- *difficulties communicating and interacting with people*
- *difficulties understanding other people's thoughts and feelings*
- *sensory difficulties which may include hypersensitive hearing, taste, smell and a dislike to certain textures (clothing, food).*
- *anxieties with unfamiliar situations, social events and change in routine*
- *over thinking of situations and information*
- *repetitive behaviour, enjoy spinning, swinging, arm flapping, lining things up*

Autism can also be known as autism spectrum condition (ASC), or Asperger's (or Asperger Syndrome), this is referred to if someone has average or above average intelligence.

Women and girls are often diagnosed later in life as they mask or camouflage their difficulties, and anxiety is often the given reason for some of their traits.

Overstimulation and overwhelming situations can result in meltdowns, shut down and burn out.

A **meltdown** is when the surroundings become too over-whelming and the individuals sensory structure becomes triggered causing the feeling of the need to escape the situation.

Shutdown is when the natural reactions have been suppressed within an environment or they have been triggered by a situation and have yet been mentally dealt with.

Burnout is when the brain shuts down because of continual stress. This can last from days to years.

Autism can be managed with appropriate educational support, advice and support for parents from healthcare and charities to meet the individual's needs.

Sensory Processing Disorder (SPD)

Children with Sensory Processing Disorder have difficulty processing information from the senses (touch, movement, smell, taste, vision, and hearing) and responding appropriately to that information. They typically have one or more senses that either over or under react to stimulation.

The signs of SPD are:

- *Clothing feeling too scratchy or itchy*
- *Lights appear too bright*
- *Sounds seem too loud*
- *Soft touches feel too hard*
- *Food textures cause gagging*
- *Poor balance or seem clumsy*

Occupational Therapists can support children with SPD by working on activities that help retrain the senses.

Depending on the senses affected the therapy may include:

- *Physical Therapy using a sensory integration approach*
- *Vision Therapy to improve eye-motor skills for example, reading, writing*
- *Listening Therapy for those with auditory issues to listen to a variety of frequencies to stimulate the brain while doing other motor tasks*
- *Psychotherapy for those who have anxiety or another mood related disorder*
- *Speech and Language Therapy*

Oppositional Defiant Disorder (ODD)

ODD is more than normal childhood tantrums, the frequency and severity of ODD often cause difficulties at home and at school.

Symptoms:

- *Children with ODD display behaviours that are challenging at home and at school.*
- *They can be aggressive and purposeful misbehaviour.*
- *Difficulties interacting appropriately with peers and adults.*
- *Can be argumentative and defiant.*

Signs:

- *Easily annoyed*
- *Cause conflict*
- *Frequent temper tantrums*
- *Low tolerance of frustration*
- *Lying*
- *Moodiness and unprovoked anger*
- *Noncompliance with simple requests*
- *No sense of conscience*
- *Purposeful irritation of others*

Diagnosis:

The child is required to have at least four symptoms that have occurred for at least six months and have had a negative impact on social, educational, or occupational functioning from the following categories:

- **Angry/Irritable Mood**
- **Argumentative/Defiant Behaviour**
- **Vindictiveness**

Therapy:

- Family Therapy
- Parent Training
- Psychotherapy
- Cognitive Therapy
- Social Skills Training

Dyslexia

Dyslexia is a common learning difficulty that can cause problems with reading, writing and spelling. Unlike a learning disability, intelligence isn't affected.

It is a life long problem that can present challenges on a daily basis but with support it is possible to achieve at school and work.

Signs:

- *Read and write slowly*
- *Confuse the order of letters in words*
- *Put letters the wrong way round such as 'b' and 'd'*
- *Have poor or inconsistent spelling*
- *Understand verbal information but struggle to understand written information*
- *Difficulties carrying out a sequence of directions*
- *Difficulties with planning and organising*

However, people with dyslexia often have good skills in other areas, such as creative thinking and problem solving.

Support:

School can provide support using voice recorders, computers and other aides. Assessments can be carried out within school and a diagnosis is given by a specialist.

Dyscalculia

Dyscalculia is a specific and persistent difficulty in understanding numbers which can lead to a diverse range of difficulties with mathematics.

Signs:

- *Difficulty counting backwards*
- *Difficulty remembering basic facts*
- *Slow to perform calculations*
- *Weak mental arithmetic skills*
- *Poor sense of numbers and estimation*
- *Difficulty in understanding place value*
- *High levels of mathematics anxiety*

Dyscalculia can affect how the brain and eyes work together, therefore a child may have difficulties judging distances between objects, the child may seem clumsier, have difficulties with money management and estimating costs and budgeting.

Support:

School can provide learning aides to assist with the concepts of mathematics through assistive technology and other ways.

Dyspraxia

Dyspraxia is otherwise known as Developmental Co-ordination Disorder. It's a condition affecting physical co-ordination, fine and gross motor skills.

Symptoms:

- *Delay in developmental milestones*
- *Delay in drawing, writing and performance in sports*
- *Clumsy*

Treatment:

- *Breaking down difficult movements into smaller parts to practice regularly*
- *Adapting tasks to make them easier, such as using pen grips*
- *A number of professionals maybe required to work together to meet the needs of the child*

Although Dyspraxia does not affect intelligence, extra support maybe needed in school to aide learning.

Fragile X Syndrome

Fragile X Syndrome is a genetic condition that causes a range of developmental problems including learning disabilities and cognitive impairment. Usually males are more severely affected than females.

Symptoms:

- *Trouble learning skills like sitting, crawling or walking*
- *Difficulties with speech and language*
- *Hand flapping and avoiding eye contact*
- *Tantrums*
- *Poor impulse control*
- *Anxiety*
- *Sensitivity to light and sound*
- *Hyper activity and trouble paying attention*
- *Aggressive*

Signs:

- *Large head*
- *Long, narrow face*
- *Large ears*
- *Large forehead and chin*
- *Loose joints*
- *Flat feet*

A blood test can be taken to look at the genetics in order to diagnose Fragile X Syndrome.

Treatment:

- *Occupational Therapy*
- *Behaviour Therapy*
- *Speech and Language Therapy*
- *Learning support from school*