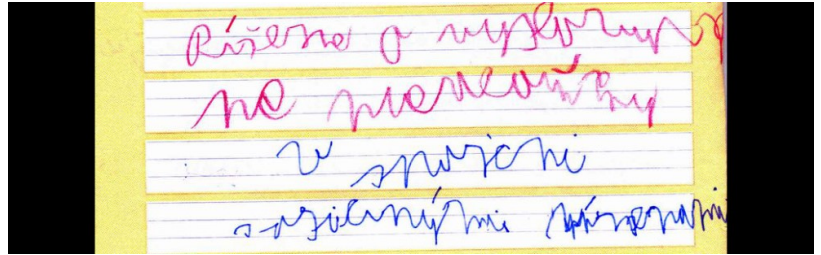


What works for people with dysgraphia?



There's no easy fix for dysgraphia. But there are **strategies and measures that can help to overcome this handicap at school:**

<ul style="list-style-type: none"> • Stress-reliever exercise before writing and as a break when writing e. g. - swinging arms, rotating arms in elbows and wrists, shaking hands quickly or rubbing them together to relieve tension.
<ul style="list-style-type: none"> • More time for writing, no strict time limits for writing.
<ul style="list-style-type: none"> • Smaller units to write.
<ul style="list-style-type: none"> • Regular brakes during writing.
<ul style="list-style-type: none"> • Printed handouts instead of writing long notes from what teacher says.
<ul style="list-style-type: none"> • Notebook or tablet used for writing essays or other longer texts (Agatha Christie had machine called typewriter to write her novels).
<ul style="list-style-type: none"> • Audio recording of what teacher says with cell phone or dictaphone.
<ul style="list-style-type: none"> • Erasing pen.
<ul style="list-style-type: none"> • Exercise books with wider lines.
<ul style="list-style-type: none"> • Shaped pens and pencils improving grip.
<ul style="list-style-type: none"> • Oral presentation of knowledge instead of written one.
<ul style="list-style-type: none"> • When assessing hand-written outcomes (essays etc.) teacher should not consider dysgraphic mistakes as regular mistakes.

Other (information from pupil with dysgraphia or from discussion):

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