

Developmental Disabilities

Developmental disabilities, also known as learning difficulties and learning disabilities, are a group of conditions due to an impairment in physical, learning, language, or behavioral areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person's lifetime.

These children have difficulties in one or more of the following areas:

- Motor coordination
- Time management
- Attention
- Organizational skills
- Processing speed
- Emotional maturation
- Verbal expression
- Memory
- Processing language
- Social skills needed to make friends and maintaining relationships

Can you tell them from children without difficulties?

6.5% of elementary school children have Developmental Disabilities in Japan

Problems they face:

One of problems children with developmental disabilities (DD) have is that they are all too often denied participation in sports, because they can have difficulty following the rules of organized sports, or with the physicality of some gym activities. As a result, these children often get less physical activity than typically developing children.

Since team sports can be competitive, they require athletic ability, following direction, paying attention and communication skills. These requirements deprive children with DD of opportunities to join sporting activities and play with other children. Being often excluded or rejected, they feel a sense of shame, isolation, low self-esteem, anger, fear and anxiety.

Their parents feel the same way too. In addition, parents of children with DD feel bad because their children cause 'trouble' when they play sports or play in a playground with other unimpaired children. Then, when they want to go to sport events for children with disabilities, many other people look coldly at them on their way there. When you see a boy talking excessively, screaming and jumping around in the train, how many people would think that it is because of DD? When the child looks no different to children without DD, many might think it's because of bad parenting.

It is reported that one of major causes of stress that parents of children with DD feel is social attitudes towards them and lack of understanding for the problems they and their families experience.

Children with DD want to move their bodies just like other children do, their parents want to give them physical activity opportunities, but there are many barriers for them.



Children with disabilities are missing out on play activities that are vital to their development

"All too often the parents of children with multiple-needs point to barriers they face in accessing and enjoying play, it means that disabled children don't have the same chance to form friendships, and parents are prevented from taking a break from caring. Both disabled children and their parents are excluded from their own communities."

Definition and Meaning

Developmental Disabilities

ADHD

Attention Deficit Hyperactivity Disorder

ADHD affects children and teens and can continue into adulthood. It is the most commonly diagnosed mental disorder of children. Children with ADHD may be hyperactive and unable control their impulses, or they may have trouble paying attention. These behaviors interfere with school and home life.

People with ADHD are diagnosed with depression and anxiety more often than others. Also, Oppositional Defiant Disorder is one of the most common conditions linked to ADHD.

Depression and Anxiety

Either condition could cause ADHD-like symptoms, like poor concentration and restlessness. The symptoms aren't always clear. Depressed children often seem irritable rather than sad. Children with depression/anxiety are not patient, gets really upset easily, and have no tolerance for frustration.

Oppositional Defiant Disorder

Children who have it act stubbornly, get angry often, throw tantrums, and don't do what parents and teachers tell them to do.

ASD

Autism spectrum disorder

This is a developmental disability that affects the way people communicate, behave, or interact with others. There's no single cause for it, and symptoms can be very mild or very severe. The autism spectrum is very wide. Some people might have very noticeable

issues, others might not. The common thread is differences in social skills, communication, and behavior compared with people who aren't on the spectrum.

LD

Learning Difficulties/Disabilities

A learning disability is a problem that affects how a person receives and processes information. People with learning difficulties may have trouble with any of the following: reading, writing, doing math, understanding directions. It's important to note that ASD and ADHD are not the same as learning difficulties. There are many different kinds of learning difficulties, and they can affect people differently.

The main types of LD include:

Dyspraxia : This affects a person's motor skills. A young child with dyspraxia may bump into things or have trouble holding a spoon or tying shoelaces. Later, they may struggle with things like writing and typing.

Dyslexia : This affects how a person processes language, and it can make reading and writing difficult. Children may also have trouble expressing themselves verbally and putting together thoughts during conversation.

Dysgraphia : This affects a person's writing abilities. (Eg. Bad handwriting, Trouble with spelling, Difficulty putting thoughts down on paper.)

Dyscalculia : This affects a person's ability to do math. In young children, dyscalculia may affect learning to count and recognize numbers.

Auditory Processing Disorder : This is a problem with the way the brain processes the sounds a person takes in. It is not caused by hearing impairment.

Visual Processing Disorder : Someone with a visual processing disorder has

trouble interpreting visual information. He or she may have a hard time with reading or telling the difference between two objects that look similar.

Definitions of Learning Disability and Learning Difficulties

Learning disability and learning difficulties are terms that are commonly used in the UK. These two terms are often interchangeable when used in the context of health and social care for adults. Some people with learning disabilities prefer the term learning difficulties.

A learning disability includes their presence of:

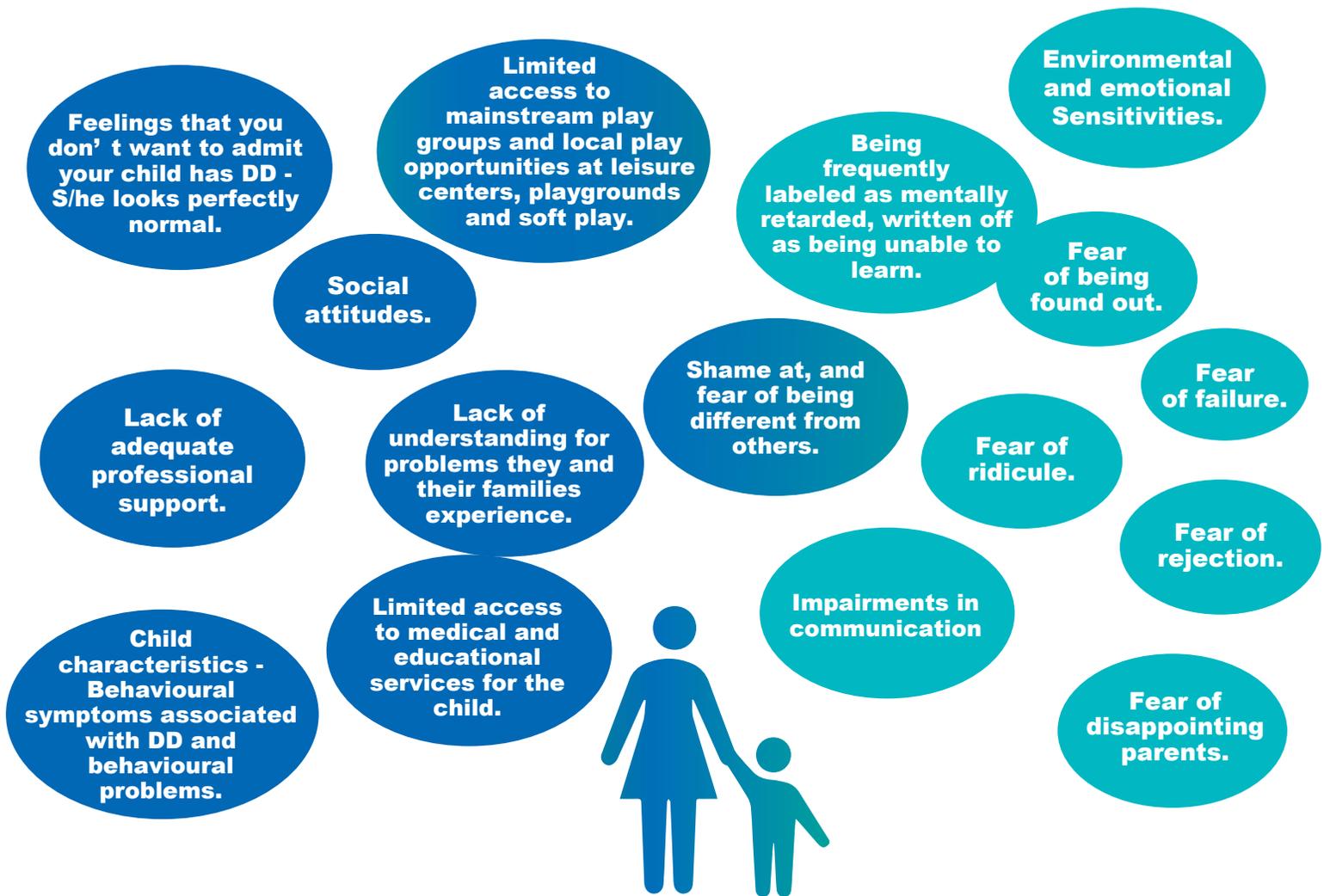
- a significantly reduced ability to understand new or complex information or to learn new skills;
- a reduced ability to cope independently;
- an impairment that started before adulthood, with a lasting effect on development.

This means that the person will find it harder to understand, learn and remember new things, and means that the person may have problems with a range of things such as communication, being aware of risks or managing everyday tasks.

A learning difficulty affects children and young people who have specific learning difficulties, for example dyslexia, but who do not have a significant general impairment of intelligence.

Note: The UK is the only country that uses the term learning disability in the way described above. In other English speaking countries the term 'intellectual disability' is growing in usage. In the U.S., an 'intellectual disability' describes below-average IQ and a lack of skills needed for daily living, and the term 'learning disability' is used instead of 'learning difficulty'.

Stress Factors



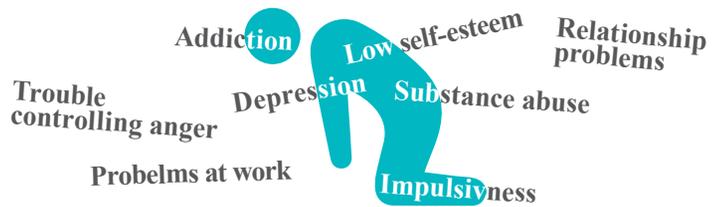
Problems they may face in the future:

People with Attention Deficit Hyperactivity Disorder (ADHD) are diagnosed with anxiety and depression more often than others. Also, it is reported that that people with ADHD may be more likely than the general population to develop alcohol and substance abuse or addiction problems when they get older.

Autism Spectrum Disorders (ASD) has a wide range. Some people with an ASD live on their own, go to school, and hold a job. Nobody, even himself/herself, might know that s/he has a condition. They may have difficulty in performing basic everyday living tasks. They may also have difficulty with making friends and maintaining relationships.

People growing up with a Learning Difficulty (LD) often feel a sense of shame because these individuals are often labeled as mentally retarded, incompetent and lazy. Internalized negative labels of stupidity and incompetence usually result in a poor self concept and lack of confidence.

Parents of children with DD worry most about what would happen to their children when they are adults. Long-lasting stress experienced by parents of children with DD has profound consequences for their health, well-being, interactions with the child and family life.



Developmental Disorders can't be prevented or cured. But spotting it early, plus having a good treatment and education plan, can help a child or adult with DD manage their symptom. Anxiety and stress can be reduced by sharing it. We can eliminate the barriers they face by promoting awareness-raising and supporting them.

“For sure, there are bad times when we cause a lot of hassle for other people, but what we really want to is to be able to look toward a brighter future.”

Naoki Higashida (2013) The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism

What We Do

I laughed and ran a lot. I had fun.
Yoshi Cooh
From Takuma



Many parents of children with DD say they find it difficult to access mainstream play groups and local play opportunities at leisure centers and playgrounds.

NPO TRACOS held 157 on-site soccer classes in 2016.



NPO TRACOS sends experienced and professional coaches (Certified by Japanese Para-Sports Association) to special-needs schools and events to offer a soccer class so that children with DD who give up joining sports activities nearby, or can't come to our schools because of distance, can move their bodies without feeling stressed, scared, perplexed or disappointed.

Coaches carry colourful inflatable soccer equipment, which helps children find sports fun and interesting. Class activities help them improve their health and athletic abilities, and according

to recent studies, exercise could benefit children with DD. The studies found children in elementary school were better able to control their behaviour in the classroom when they exercised.

Our on-site soccer classes are not only for children but also for their parents. Parents share information each other and develop mutual feelings of fellowship before and after class.

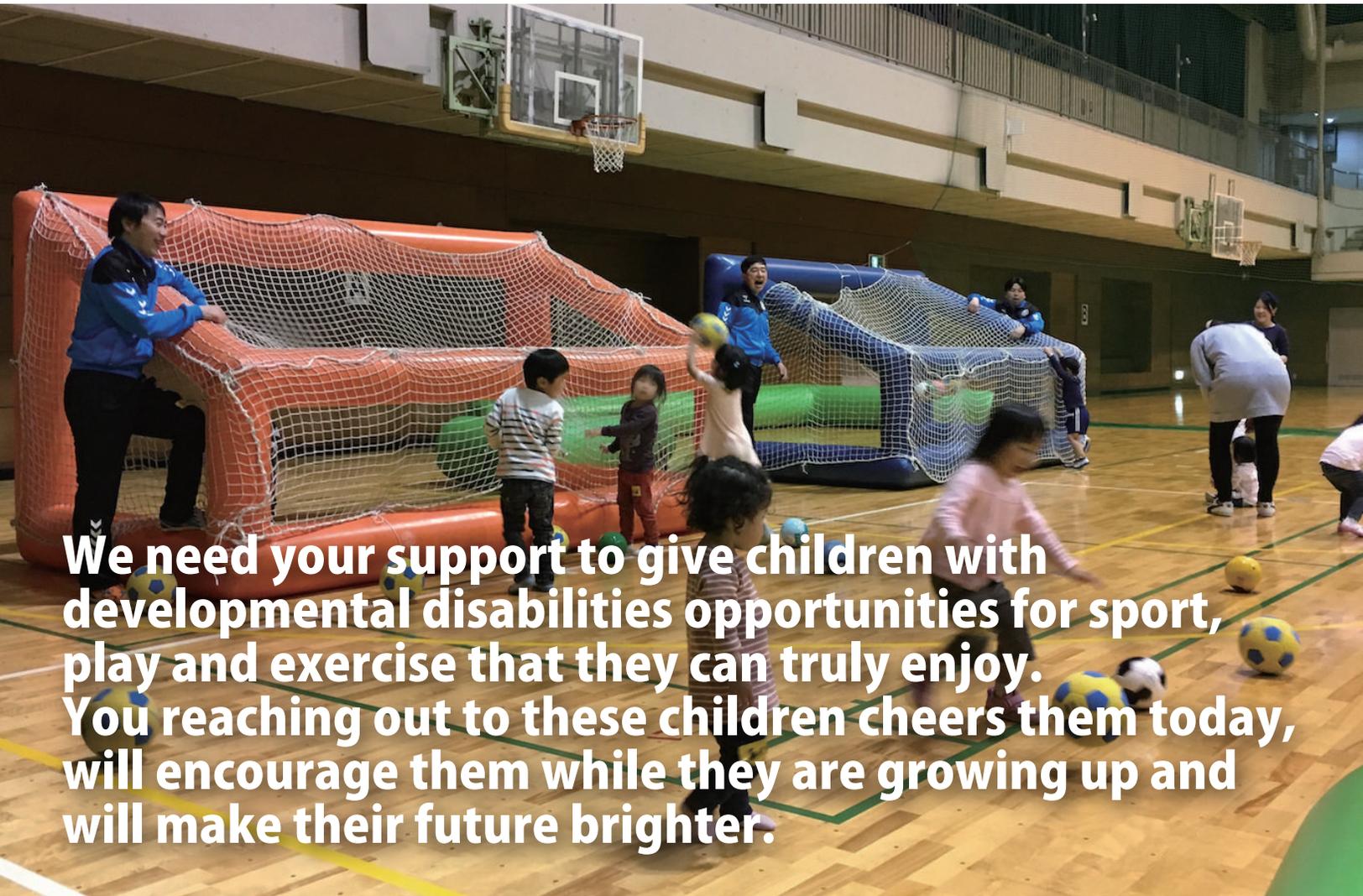


TRACOS offers on-site soccer classes

Our inflatable playground equipment lets children with special needs have more fun!



We Need Your Support!



We need your support to give children with developmental disabilities opportunities for sport, play and exercise that they can truly enjoy. You reaching out to these children cheers them today, will encourage them while they are growing up and will make their future brighter.

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