

- **Dyspraxia** ni ulemavu unaoathiri ukuaji wa misuli ya mwendo inayochangia katika uwezo wa mtu kupanga na kuelewa kazi fulani inayohusisha ugumu katika kufanya mambo manne makuu:
 - Uwezo wa ushirikiano wa misuli midogo katika mwendo inayohusisha mikono, vidole na macho. (Fine motor skills)
 - Uwezo unaohitajika kudhibiti misuli mikubwa ya mwili ili kutembea, kukimbia, kutambaa, kukaa (Gross motor skills)
 - Uwezo wa kutunga, kupanga na kutekeleza mwendo unaohitaji ujuzi kwa mpangilio sawa kuanzia mwanzo hadi mwisho. (Motor planning)
 - Uwezo wa sehemu za mwili kushirikiana ili kudhibiti mwendo kwa njia sawa.

Watoto wanaweza kuwa na ugumu katika kujitunza, kuandika, kupiga chapa, kuendesha baiskeli, na kucheza ikiwemo shughuli zingine za masomo na burudani.

- **Attention deficit disorder (ADD)** Tatizo la kukosa kuwa makini ni hali inayosababisha mtu kukosa umakinifu. **Attention hyperactivity deficit disorder (ADHD)** Tatizo la kukosa kuwa makini na kufanya mambo kupita kiasi na kufanya maamuzi ya ghafla yanayo athiri utendakazi wa mtoto na ukuaji wake.
 - Kutomakinika kunamaanisha mtoto hakai katika sehemu moja amalize kazi, anakosa msimamo, ana ugumu wa kumakinika na hana mpangilio; na matatizo haya si kwa sababu ya uasi au kukosa kuelewa.
 - Kufanya mambo kupita kiasi kunamaanisha mtoto ambaye anatembea kila mara, ikiwemo katika hali ambazo hazifai; au ana utukutu kupita kiasi, kugonga vitu au kuongea.
 - Kuwa na msukumo kunamaanisha mtoto anafanya mambo ghafla yanayotokea kwa wakati huo bila ya kufikiria akitaka kuridhika haraka. Mtoto mwenye msukumo anaweza akawa msumbufu kwa watu na kuharibu uhusiano na wenzake.

- **Auditory Processing Disorder (APD)** Tatizo la kukosa kusikia ni hali ambapo watoto wanaelewa mazungumzo polepole kuliko wenzao licha ya kuwa hakuna tatizo kwenye uwezo wao wa kusikia. Wana matatizo ya kuandikisha na kukumbuka vizuri wanachosema watu. Pia wana matatizo ya kujifunza kusoma na kuzungumza vizuri kwani wanachanganyikiwa katika kutofautisha sauti za maneno tofauti.
- **Matatizo ya kumbukumbu** ni changamoto yenye kumbukumbu inayofanya kazi kwa muda mfupi na mrefu.

Sifa za jumla

- Tofauti kati ya mafanikio halisi na yanayotarajiwa.
- Matatizo ambayo hayawezi kuchukuliwa kuwa sababu ya hali nyingine ngumu.
- Uwezo wa kutumia akili kwa kawaida.
- Matatizo ya ujuzi wa kuhusiana na watu.
- Matatizo ya ujuzi wa kutumia maneno na kutotumia maneno.
- Kuwa na njia ya kujitetea ili kuficha upungufu uliobainika.

Matibabu

- Fanya makadirio ya kitaalamu ili kubainisha ulemavu maalum wa kujifunza.
- Bainisha uwezo wa mtoto na ujaribu kuukuza.
- Pata maarifa kuhusu ulemavu wa kujifunza ili uweze kumuelewa mtoto wako.
- Kuwa na mpangilio kuhusu maisha ya mtoto wako.
- Anzisha mbinu maalum za mafunzo na mabadiliko yanapohitajika kwa mafanikio.
- Mfunze mtoto wako tabia zinazolenga kuboresha ujuzi wa mahusiano yake na watu.
- Msifu na umtuzi kwa juhudi anazofanya shuleni na nyumbani.
- Boresha heshima na ujasiri wa mtoto wako.
- Shirikiana na bodi za ukadiriaji na mtihani katika kuleta mabadiliko na mageuzi kwa makadirio na mitihani.

OTHER SEP BROCHURES

- Autism Spectrum Disorder
- Cerebral Palsy
- Communication Disorder
- Down syndrome
- Hydrocephalus
- Rickets
- Rights for Children with Disabilities
- Spina Bifida

THIS IS ME

My name is Samuel, I have Autism

My name is Gloria, I have Down syndrome

My name is Peter, I have Cerebral Palsy

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SPECIAL
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LEARNING
DISABILITIES



WHAT IS LEARNING DISABILITIES?

Learning disabilities is a neurologically-based processing disorder. These processing challenges can interfere with learning basic skills such as reading, writing, spelling and/or math or higher skills such as coordination, organization, time planning, abstract reasoning, long or short term memory and attention.

What Causes Learning Disabilities?

The actual cause of an individual's learning disabilities is unknown. Learning disabilities result from a difference in the way a person's brain is "wired" or differences in brain development. However, research suggests that certain learning disabilities are inherited.

Types of Learning Disabilities

- **Dyslexia** is a specific learning disability that affects reading and related language-based processing skills that may include difficulties in spelling words, reading quickly, writing words, "sounding out" words in the head, pronouncing words when reading aloud and understanding what one reads despite normal intelligence. Different people are affected to varying degrees.
- **Dysgraphia** is a specific learning disability that affects the skills acquired for proper handwriting such as formation and size of letters, spacing, and orientation on the paper. Children with dysgraphia may experience difficulty with other fine motor skills yet not all. This can lead to writing fatigue.
- **Dyscalculia** is a specific learning disability that affects a child's ability to understand numbers and learn math at all levels. Basic concepts like quantities, time, number sequencing, and computation are a challenge. That is why dyscalculia can make it hard to do everyday tasks.

- **Dyspraxia** is a developmental coordination disorder (DCD) that impacts an individual's ability to plan and process motor tasks which includes difficulty in four key skills:

- Fine motor skills
- Gross motor skills
- Motor planning
- Coordination

Children may present with difficulties with self care, writing, typing, riding a bike, and play as well as other educational and recreational activities.

- **Attention deficit disorder** is a condition of inattention (ADD). **Attention deficit hyperactivity disorder** (ADHD) is a condition of inattention, hyperactivity and impulsivity that interferes with a child's functioning or development.

- **Inattention** means a child wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized; and these problems are not due to defiance or lack of comprehension.
- **Hyperactivity** means a child who moves about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks.
- **Impulsivity** means a child makes hasty actions that occur in the moment without putting much thought to it seeking instant satisfaction. An impulsive child may be socially intrusive and interrupt others inappropriately resulting in poor social peer relationships.

- **Auditory Processing Disorder** (APD) is a condition where children process verbal information slower than their peers despite the fact there is nothing wrong with their hearing. They have challenges registering and remembering correctly what people are saying.

They also have challenges in learning to read and expressing themselves clearly as they may confuse the sounds of different words.

- **Memory difficulties** are challenges with short term and long term working memory .

General characteristics

- Discrepancy between actual and expected level of achievement.
- Difficulties that cannot be attributed to another distinct disabling condition.
- Normal intellectual ability.
- Challenges with social skills.
- Difficulties with verbal and non-verbal skills.
- Have a defense mechanism to mask identified inadequacies.

Intervention

- Have a professional assessment to identify the specific learning disability.
- Identify the child's strengths and build around them.
- Gain more knowledge about learning disabilities so as to better understand your child.
- Provide structure in the child's life.
- Adopt specialized teaching approaches and adaptations when relevant for success.
- Teach behavioural interventions designed to improve social skills.
- Praise and reward for efforts at school and at home.
- Enhance self-esteem and self confidence in your child.
- Liaise with assessment and examination body in adaptation and modification for assessments and examinations.

ULEMAVU WA KUJIFUNZA NI NINI?

Ulemavu wa kujifunza ni tatizo linalotokana na hali ya kukosa kuelewa mambo. Matatizo haya yanaweza kuathiri uwezo wa kujifunza kama vile kusoma, kuandika, tahajia, hesabu au ujuzi wa juu kama uratibu, upangaji, kupanga muda, kutumia akili sana, kuwa na kumbukumbu kwa muda mfupi/mrefu na umakinifu.

Ulemavu wa kujifunza husababishwa na nini?

Chanzo kikuu cha ulemavu wa kujifunza hakijulikani. Ulemavu wa kujifunza hutokana na tofauti ya jinsi ubongo wa mtu ulivyoundwa au tofauti katika ukuaji wa ubongo. Hata hivyo, utafiti unaonyesha kuwa kuna ulemavu wa kujifunza unaorithiwa.

Aina za ulemavu wa kujifunza

- **Dyslexia** (kutoweza kusoma vizuri) ni ulemavu maalum wa kujifunza unaoathiri kusoma na uwezo unaohusiana na kuelewa lugha inayoweza kuhusisha matatizo katika tahajia, kusoma haraka, kuandika maneno, kusema maneno kichwani, kutamka maneno wakati wa kusoma na kuelewa anachosoma mtu licha ya akili ya kawaida. Watu tofauti wanaathirika kwa viwango tofauti.
- **Dysgraphia** ni ulemavu maalum wa kujifunza unaoathiri ujuzi apatao mtu kwa kuandika vizuri kama vile uundaji na ukubwa wa herufi, nafasi kwenye maandishi na maelekezo kwenye karatasi. Watoto walio na dysgraphia huenda wakawa na matatizo ya ushirikiano wa baadhi ya misuli midogo. Hii inaweza kusababisha uchovu wakati wa kuandika.
- **Dyscalculia** ni ulemavu maalum wa kujifunza unaoathiri uwezo wa mtoto wa kuelewa nambari na kujifunza hesabu katika viwango vyote. Dhana za kimsingi kama idadi, wakati, mpangilio wa nambari na kufanya hesabu inakuwa tatizo. Ndiyo maana dysgraphia inaweza kuleta ugumu katika kufanya kazi za kila siku.