



An Introduction to Tourette Syndrome

TSA Educational In-Service

 tourette syndrome association, inc. Education, Research and Support


 **A Teacher's Perspective**


I've come to the conclusion that I am the decisive element in the classroom. It's my personal approach that creates the climate. It's my daily mood that makes the weather.

As a teacher, I possess a tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or honor, hurt or heal.


In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or de-humanized.

– Haim Ginott


 tourette syndrome association, inc. Education, Research and Support 2


 **About TSA**
www.tsa-usa.org


<p>Education</p> <ul style="list-style-type: none"> • Briefings • Education • Advocacy • Publications • DVDs • Conferences • Public policy 	<p>Research</p> <ul style="list-style-type: none"> • Grants • Scientific Advisory Board (SAB) • Genetics • Clinical trials • Neuroimaging • Treatments 	<p>Service</p> <ul style="list-style-type: none"> • Information • Referrals • Fundraising • Local TSA Chapters • Newsletters
--	---	--




Our Mission Is To Identify The Cause Of, Find The Cure For And Control The Effects Of Tourette Syndrome

 tourette syndrome association, inc. Education, Research and Support 3

 **Tourette Syndrome (TS)**



- Neuro-biological disorder
- Genetic
- Involuntary
- More common than once thought
- Symptoms involve both motor and vocal tics
- Due to the nature of TS, symptoms will vary from person to person


 tourette syndrome association, inc. Education, Research and Support 4

 **"I Have Tourette's, But Tourette's Doesn't Have Me"**





The Full Length DVD for this HBO Documentary is Available on the TSA Website

 tourette syndrome association, inc. Education, Research and Support 5

 **Motor Tics**

- **Simple Motor Tics**
 - Eye blinking, grimacing, nose twitching, leg movements, shoulder shrugs, arm and head jerks, etc.
- **Complex Motor Tics**
 - Hopping, clapping, throwing, touching (self, others, objects)
 - Holding funny expressions, sticking out the tongue, kissing, pinching, tearing paper or books, etc.



 tourette syndrome association, inc. Education, Research and Support 6

Vocal Tics

- **Simple Vocal Tics**
 - Whistling, coughing, sniffing, screeching, animal noises, grunting, throat clearing, etc.
- **Complex Vocal Tics**
 - Linguistically meaningful utterances
 - Coprolalia (racial slurs, inappropriate language), repeating words/phrases
- **Speech Atypicalities**
 - Unusual rhythms, tone accents, intensity of speech, stutter-like, immature voice

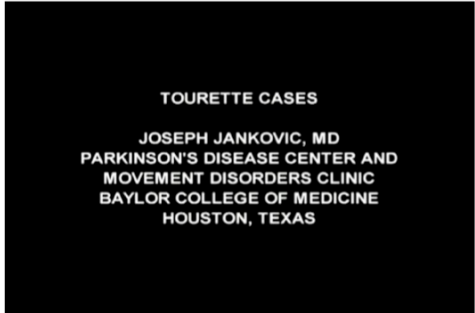


tourette syndrome association, inc. Education, Research and Support 7

Tourette Syndrome Tics Video
 Courtesy of Joseph Jankovic, MD

TOURETTE CASES


JOSEPH JANKOVIC, MD
 PARKINSON'S DISEASE CENTER AND
 MOVEMENT DISORDERS CLINIC
 BAYLOR COLLEGE OF MEDICINE
 HOUSTON, TEXAS



tourette syndrome association, inc. Education, Research and Support 8

The Nature of Tics

- Naturally wax and wane
- Change in appearance and frequency
- Change in severity and intensity
 - May worsen during adolescence
- Can sometimes be suppressed for short periods of time



tourette syndrome association, inc. Education, Research and Support 9

Environmental Factors May Impact TS Symptoms

- Stress
- Anxiety
- Excitement
- Fatigue
- Holidays
- Illness
- Vacations
- Hunger
- Life & School Transitions

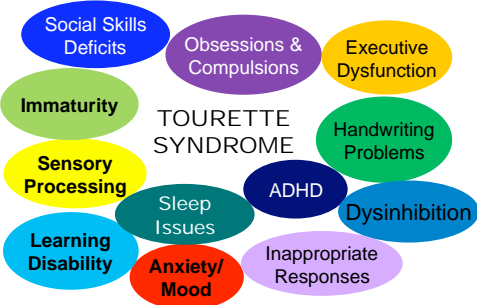


tourette syndrome association, inc. Education, Research and Support 10

Possible Related Issues

TOURETTE SYNDROME


- Social Skills Deficits
- Obsessions & Compulsions
- Executive Dysfunction
- Immaturity
- Sensory Processing
- ADHD
- Handwriting Problems
- Learning Disability
- Sleep Issues
- Dysinhibition
- Anxiety/Mood
- Inappropriate Responses



tourette syndrome association, inc. Education, Research and Support 11

Dysgraphia



- **Characteristics include**
 - Slow and laborious writing
 - Hand and finger cramping
 - Sloppy handwriting, e.g., uneven spacing, irregular margins, and inconsistent lettering
 - Inability to copy correctly from book to paper or board to paper
 - Inability to transfer thoughts onto paper
- Can be addressed with the use of computer technologies



tourette syndrome association, inc. Education, Research and Support 12

Obsessive-Compulsive Disorder (OCD) and TS



- **Obsessions**
 - Intrusive and recurring thoughts and images or impulses that your mind gets stuck on which are unpleasant and disrupt functioning
- **Compulsions**
 - Behaviors that are used to reduce the anxiety accompanying the obsessions
- **OCD and TS share chronic waxing and waning**
 - Exacerbated by stress, excitement and fatigue
- **OCD is often not apparent to the teacher or other students**
- **OCD makes children feel isolated**

Education, Research and Support 13

Attention Deficit Hyperactive Disorder



- **A very large number of students with TS also have ADHD**
- **They will sometimes, but not always**
 - Be hyperactive
 - Be easily distracted
 - Be socially immature
 - Have impulse control problems
 - Exhibit short-term memory difficulties
 - Have problems with executive function

Education, Research and Support 14


Examples Of Executive Dysfunction

- **Executive Dysfunction is often associated with ADHD**
- **Difficulties include**
 - Managing time
 - Forming goals
 - Organizing materials and activities
 - Starting/completing tasks
 - Breaking down long assignments and projects
 - Sequencing information
 - Dealing with the unexpected





Education, Research and Support 15

What About Medication?




Before Medication **After Medication**




Education, Research and Support 16

Pledge Of Allegiance Experiential Exercise



How Does Having TS Really Impact Classroom Performance And Learning?




Education, Research and Support 17

IDEA 2004 & Federal Regulations 300.8(c)(9)

"We believe that Tourette Syndrome is commonly misunderstood to be a behavioral or emotional condition, rather than a neurological condition. Therefore including Tourette Syndrome in the definition of other health impairment may help correct the misperception of Tourette Syndrome as a behavioral or conduct disorder and prevent the misdiagnosis of their needs."

Due to the intense advocacy efforts of the national Tourette Syndrome Association, TS is now included in the IDEA under the definition of Other Health Impaired




Education, Research and Support 18

Classroom Strategies

- Designate a safe place for the student to go to when tics are severe
- Positive and proactive supports involving TS symptoms
- Extended time for tests and assignments
- Reduce stressful situations
- Frequent breaks to provide opportunities for movement
- Preferential seating
- TS educational in-service for the entire school
 - TSA Youth Ambassador Program
- Find ways to make tics irrelevant


"Every child is different, therefore every child will require different strategies, BUT there is a strategy for every child."
Judit Ungar, President, Tourette Syndrome Association



tourette syndrome association, inc. Education, Research and Support 19

Classroom Strategies (cont.)


- Set up a signal for student to use when there is a need to leave the classroom
- Un-timed tests and exams for all subjects
- Allow student to leave class early to avoid crowded hallways
- Build schedule around student's most productive times of the day
- Consider accommodations for accomplishing work
 - Oral reports, use of a computer, shortened assignments, and/or a scribe
- Consider additional adult support during unstructured time
- Refer to TSA's "Catalog of Accommodations"



tourette syndrome association, inc. Education, Research and Support 20

Parent-Teacher Relationship

- Homework support
- Extra set of books for home use
- Frequent communication between school and family
- An informed, caring, and supportive environment makes all the difference



tourette syndrome association, inc. Education, Research and Support 21

Kids with TS Are Regular People Like You & Me

- All walks of life & all professions
- TS is an Equal Opportunity Disorder
- Kids with TS are kids first
- TS is life long and at this time, there is no cure
- Symptoms can look controllable
 - But they are not!!



tourette syndrome association, inc. Education, Research and Support 22

Additional Presentations


- ADHD/Executive Functions
- Obsessive Compulsive Disorder (OCD)
- Factors That May Affect Learning

tourette syndrome association, inc. Education, Research and Support 23


The Bottom Line

I *want* to learn and do well in school!


Will you help me?



tourette syndrome association, inc. Education, Research and Support 24

 **Contact TSA for More
Information and Resources**

Tourette Syndrome Association, Inc.
42-40 Bell Boulevard, Suite 205
Bayside, New York 11361-2820
Tel: (718) 224-2999
Fax: (718) 279-9596
Email: ts@tsa-usa.org
www.tsa-usa.org

 tourette syndrome
association, inc.

Education, Research and Support 25