

TOURETTE SYNDROME

WHAT IS TOURETTE SYNDROME?

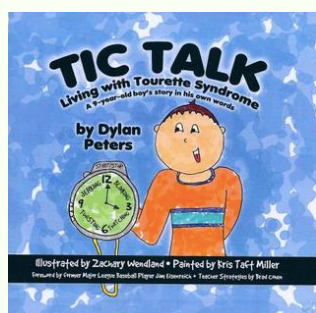
Tourette Syndrome (TS) is a brain-based condition that causes involuntary motor or vocal tics. Motor tics are movements of the body that can include blinking, head jerking, or shrugging the shoulders. Vocal tics are sounds a person makes with their voice such as humming, clearing the throat, or shouting out a word. Tics can be simple or combinations of several movements and sounds.

-Adapted from © Tourette Canada

BACKGROUND

TS is hereditary and typically manifests in childhood and stays throughout their entire life. While there is no cure or exact known causes, tics tend to decrease with age and it does not affect life span or intelligence. TS is diagnosed through a clinical examination of a criteria list (found in DSM-V) and is often associated with other conditions such as AD(H)D or mood disorders. Tics are usually more apparent during stressful times and less apparent when an individual is fully immersed in an activity. (CDC, 2021) (TS Canada, 2021)

IN THE CLASSROOM



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Navigating the classroom is a team effort. Here are some strategies to explore TS with teachers, parents, administration, and students.



Disclaimer: These resources are for educational purposes only. If you have any questions, ask your health-care provider.

LIVING EVERYDAY

Living with TS can be stigmatizing. Peer and workplace awareness can help with acceptance. Click each picture or QR code to access the link.



Click me to explore common myths about TS

CONNECTING

Click or scan the QR code to check out TS Canada for local community and family support. Explore groups, camps, podcasts, books, and more for adults and youth.



Information source
www.tourette.ca
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www.cheo.on.ca/en/resources-and-support/tourette-syndrome.aspx#Books