



# TS Passport

## What is Tourette Syndrome?

Tourette Syndrome (TS) is a neurological disorder that may cause sudden unwanted and uncontrolled rapid and repeated movements or vocal sounds called tics. TS is one of a group of disorders of the developing nervous system called tic disorders.

TS causes people to have "tics". Tics are sudden twitches, movements, or sounds that people do repeatedly. People who have tics cannot stop their body from doing these things.

Ticcing is a little bit like having hiccups. Even though you might not want to hiccup, your body does it anyway. Sometimes people can stop themselves from doing a certain tic for a while, but it is mentally and physically draining. Eventually the person has to tic.

## I cant control my tics

People with TS cannot control their tics even though they may want to. Tics are involuntary, meaning that people do not do the tic on purpose; many people compare the feeling of having a tic to having an itch or having to sneeze. You may try to stop the feeling, but eventually you will probably scratch or sneeze and you will feel a little better until the urge comes back. When people try to hold back their tics, it can cause stress and the tic may become worse.

My name is \_\_\_\_\_

School Year / Class \_\_\_\_\_

My current tics are...

Motor Tics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Vocal Tics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Things that increase or trigger my tics:**

*Eg: Loud noises, stress, anxiety, being expected to sit & concentrate for long periods, having attention drawn to my tics*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Tactics/Strategies that can help me in your classroom:**

*Eg: Quiet space, a walk to the office or drinking fountain, reassurance, sensory items*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Comorbid conditions & how my comorbid condition can affect my tics or vice versa:**

*Egs: ASD, Anxiety, Depression, OCD, ADHD. Anxiety increases my tics and ticcing in public increases my anxiety. My OCD needs to be even so if a tic happens on my left side I then need to repeat on my right side*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Classification of tics and symptoms

Those with TS experience simple or complex motor tics. They may range from very mild to severe. Tics can change without notice and will wax & wane. Some days could be worse than others, some days the tics may not be noticeable.

## Tic triggers

Tics may worsen with excitement or anxiety and get better during calm, focused activities. Certain physical experiences can trigger or worsen tics; for example, tight collars may trigger neck tics. Hearing another person sniff or clear the throat may trigger similar sounds.

Although the symptoms of TS are unwanted and unintentional (involuntary), some people can suppress or otherwise manage their tics to minimize their impact on functioning. However, people with TS often report a substantial buildup in tension when suppressing their tics to the point where they feel that the tic must be expressed (against their will). Tics in response to an environmental trigger can appear to be voluntary or purposeful but are not.

For more info visit [www.tourettes.org.nz](http://www.tourettes.org.nz)

## Exercise!

*To get a small insight into what it is like to hold in a tic, hold your breath or don't blink for 30 seconds. The longer you hold it, the more you want to and then when you have your next breath, it is a deeper breath and you may feel you need to get your breath back with more shorter breaths or when you start blinking again you may need to do so a few times to make your eyes feel good again.*

*This is what it feels like to suppress tics.*

*Many students also feel that if they are trying to suppress a tic they are so focused on that, they often miss instructions or part of the lesson. They cannot focus on both.*

## Simple tics

Simple tics are sudden, brief, repetitive movements that involve a few muscle groups. They are more common than complex tics. Simple tics often precede complex tics.

MOTOR TICS	VOCAL TICS
Eye blinking/movements	Throat Clearing
Facial grimacing	Coughing
Shoulder shrugging	Screeching
Head or shoulder jerking	Whistling
Finger Movements	Grunting
rapid jerking of any part of the body	Barking

## Complex tics

Complex tics are distinct, coordinated patterns of movement involving several muscle groups in different parts of the body.

MOTOR TICS	VOCAL TICS
Hopping	Repetition of own words or phrases
Jumping	Repetition of other's words or phrases (echolalia)
Touching objects	Use of vulgar, obscene, swear words (coprolalia)
Gyrating	
Bending	
Head Banging	

These are examples only. Tics can present differently and can extend past this list and will change.