

Dyslexia Facts

Dyslexia a learning difficulty that is quite common, it does not affect a person's intelligence like a learning disability, it presents problems with spelling, reading and writing for the person and it is estimated that in the UK 1 in every 10 to 20 people has some degree of dyslexia.

It is thought the cause of Dyslexia relates to certain genes inherited from your parents may act together in a way that affects how some parts of brain develop during early life, however the exact cause of dyslexia is unknown.

Associated problems

Some people with dyslexia also have other problems not directly connected to reading or writing

such as:

- poor organisation and time-management
- difficulties with numbers (dyscalculia)
- poor short-term memory
- problems concentrating and a short attention span, including attention deficit hyperactivity disorder ADHD

physical coordination problems (development coordination disorder, also called DCD or dyspraxia) What is Dyslexia?

Signs and symptoms

A person with dyslexia may:

- have poor or inconsistent spelling
- have difficulty with information that's written down but can follow verbal instructions
- find it hard to carry out a sequence of directions
- struggle with planning and organisation
- read and write at a slower pace
- confuse the order of letters in words
- when writing mix letters so they appear the wrong way around

As well as the problems mentioned above, the symptoms of dyslexia in and adults studying or working can include:

- poor spelling
- struggling to remember things such a phone number, passwords or Pin numbers

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- struggling to meet deadlines requirements and timeframes on tasks
- difficulties revising for examinations
- Struggling to organised written work that lacks expression – for example, even though they may be very knowledgeable about a certain subject, they may have problems expressing that knowledge in writing
- Struggle with planning and writing essays, letters or reports
- difficulties revising for examinations
- trying to avoid reading and writing whenever possible
- difficulty taking notes or copying

However, people with dyslexia often have good skills in other areas, such as creative thinking and problem solving.

What can I do If I have Dyslexia

A lot of the techniques used to help children with dyslexia are relevant for adults also. Making use of things such as word processors, electronic organisers and coloured cover sheets, can assist you with your reading and writing.

An example is you could use a digital recorder to record a discussion with your trainer or employer, and then play it back when you read your notes. It can also be advantageous to break down larger activities and tasks into more manageable, smaller steps.

Another example is if you need to draw up a plan or make some notes about a task or project, you may benefit from creating a 'mind map' or brain storm rather than writing a list. Mind maps are diagrams that use keywords and images to create a visual representation of a plan or subject.

Adjustments at work

If you're in work, let your employer know that you have dyslexia, as they are required by law to make reasonable adjustments to the workplace to assist you.

Examples of reasonable adjustments may include:

- giving you instructions verbally, rather than in writing
- providing you with helpful technology, such as a digital recorder or software that converts text to speech/ vice versa
- allowing you extra time for tasks you find particularly difficult
- providing you with information in formats you find helpful, different paper colours/ texts etc

There is lots of information and support available for anyone with dyslexia, please see below some of the recommended websites

The British Dyslexia Associations –

<http://www.bdadyslexia.org.uk/>

<http://www.dyslexia.uk.net/>

<http://dyslexiahelp.co.uk/>