

DYSLEXIA

Dyslexia primarily affects the skills involved in accurate and fluent **word reading and writing**. However, it does not only affect these skills. Dyslexia is actually about **information processing**. Dyslexic people may have difficulty processing and remembering information they see and hear, which can affect learning and the acquisition of literacy skills. Dyslexia can also impact on other areas such as **organisational skills**.

- Dyslexia occurs across the range of intellectual abilities.
- According to British Dyslexia Association (2014) 10% of the population are believed to be dyslexic, but it is still often poorly understood.
- Research has shown that learning difficulties are a life-long condition and have excessive impact on life experiences and outcomes.
- With the right support, the strengths and talents of dyslexic people can really shine.

Likely difficulties

Dyslexia can impact on daily life. Amongst everyday dyslexic difficulties the following can be found:

- Filing in forms and applications
- Following instructions
- Writing letters and emails
- Remembering where things are
- Remembering unfamiliar names and terms
- Figuring out trains timetables
- Keeping track of outstanding bills
- Explaining yourself in a clear manner to others

- Recording telephone numbers correctly

Each dyslexic individual will present various needs, but many share common worries and challenges:



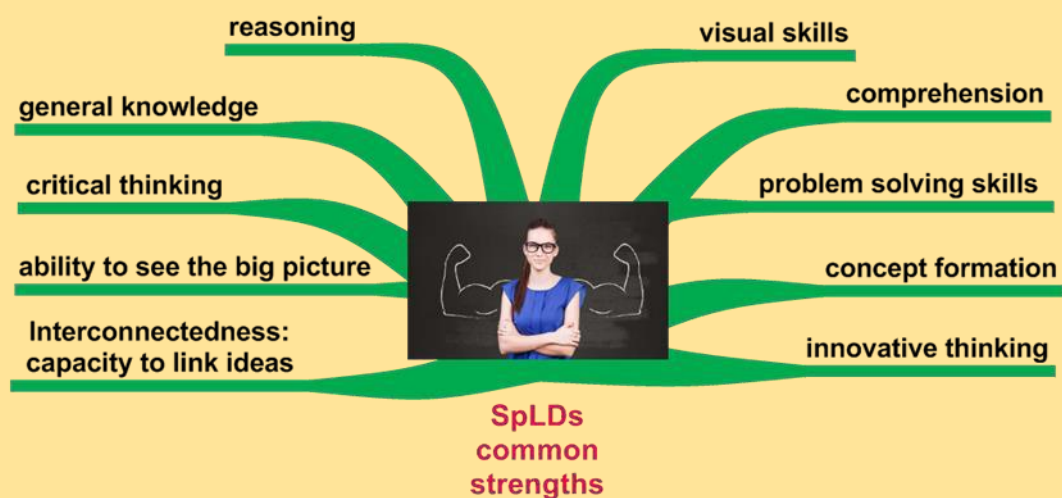
Secondary symptoms - psychological difficulties

Dyslexic people often experience negativity in relation to their learning difficulty. This can be caused by influence of the significant people in their life at home, at school or in the workplace.

Lack of understanding and negative attitudes of others can lead to poor motivation, frustration, low self-esteem and lack of confidence and therefore isolation. Dyslexic people are also prone to developing stress disorders, anxiety and depression.

Common Strengths

It is important to remember that there are positives to thinking differently. Many dyslexic people show strengths in areas such as reasoning and in visual and creative fields. The dyslexic person can have a good collection of capabilities, which are in fact advantages when used in the right context. There are many talented and accomplished individuals who are dyslexic, e.g. Bill Gates, Agatha Christie, Albert Einstein, Keira Knightley, Richard Branson and Steven Spielberg.



Useful resources that can help you explore your own strengths:

The True Gifts of a Dyslexic Mind | Dean Bragonier |

https://youtu.be/_dPyzFFcG7A

Big Picture. Rethinking dyslexia

<https://www.dailymotion.com/video/x5lm0i4>

Dyslexic strengths explained by Dyslexic celebrities

<https://www.youtube.com/watch?v=d4VRjQnBoWM>

Overcoming Dyslexia, Finding Passion: Piper Otterbein

<https://www.youtube.com/watch?v=ugFIHHom1NU>

A video on what it is like to be dyslexic

https://www.youtube.com/watch?v=X4zgHylwgBE&feature=youtu.be&fbclid=IwAR2A0t_zGG9Ko_o2GIPEouyKskvNQ71mggzU-b7wvvpj6cKyRfMc0jjOc6o

Useful websites with further information to support individuals with Dyslexia

The British Dyslexia Association (BDA)

The British Dyslexia Association campaigns for a dyslexia friendly society where barriers to dyslexic people do not exist. The BDA works to ensure that ALL people with dyslexia fulfil their potential.

Tel: 0333 405 4567

www.bdadyslexia.org.uk

Dyslexia Adult Network (DAN)

The Dyslexia Adult Network (DAN) has been founded to increase awareness of the impact of dyslexia and related conditions on adults. DAN is an umbrella network for adults with dyslexia and other specific learning differences (SpLDs).

dan-uk.co.uk

Made By Dyslexia

Made by Dyslexia is a global charity led by successful (and famous) dyslexics. Their purpose is to help the world properly understand and support dyslexia.

www.madebydyslexia.org

PATOSS

Professional association of teachers with qualifications in teaching dyslexics - can provide list of qualified teachers.

<http://www.patoss-dyslexia.org>

Dysguise

The aim of DysGuise is to identify some of the challenges that people might come across in their learning, and to uncover the strengths that they can use to deal with these challenges.

www.dysguise.com

The Codpast

The Codpast is a fresh and contemporary resource for students and adults with Dyslexia. Check out their videos, podcasts and articles. For up to the minute news and views.

www.thecodpast.org

Financial Support

Student Finance DSA

As a higher education student living in England, you can apply for a Disabled Students' Allowance (DSA) if you have a specific learning difficulty like dyslexia.

Tel: 0300 100 0607

www.gov.uk/disabled-students-allowances-dsas/overview

Access to Work

An Access to Work grant can pay for practical support if you have a disability, to help you: start working, stay in work, move into self-employment or start a business.

Tel: 0345 268 8489

www.gov.uk/access-to-work/overview