What is Dyslexia?

Dyslexia is defined as, "A difficulty in processing language-based information. Short-term memory, concentration and co-ordination may also be affected. There are sometimes links to other learning difficulties like dyscalculia (difficulty with numbers and mathematics) and dyspraxia (difficulty in performing deliberate physical actions)."

Do you think you, or someone you know, might be dyslexic? The following might help you decide whether you should investigate further.

Strengths associated with Dyslexia

Weaknesses associated with Dyslexia

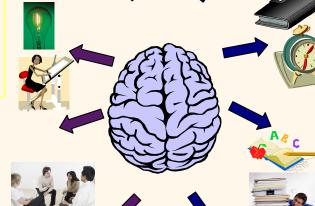
Can be very creative and enjoy practical tasks.





Problems with reading, taking notes, remembering numbers, names and details.

Strong visual thinking skills e.g. see/think in 3-d, visualise a structure from plans.



Difficulty with time keeping, managing time, organising work etc.

Good verbal skills and good social interaction.

spelling and writing.

Short-term memor

Good at problem solving, thinking outside the box, seeing the whole picture.





Short-term memory problems, sequencing difficulties e.g. following /giving instructions, directions.

Problems with

written work e.g.

These are possible indications and appropriate assessment should be sought if there is any doubt.

What is "appropriate" help?

Support should take account of the learning styles and individual needs of learners. Sometimes asking the person with dyslexia to suggest solutions can produce simple but effective results to a problem.

- Early identification and appropriate support as soon as possible
- ◆ Small group (or one-to-one) help
- Patience, understanding and encouragement
- A structured multi-sensory method of teaching based on established phonic principles e.g. sound-symbol associations, and simultaneous oral spelling
- Teaching to the person's learning style
- To use mnemonics, mind-mapping and concrete aids
- Help with organisational skills

Looking for more in-depth information?

- Overcoming Dyslexia by Bevé Hornsby
- A Parents Survival Guide by Christine Ostler
- ♦ 100 Ideas for Supporting Pupils with Dyslexia by G Reid and S Green
- Study Skills by Christine Ostler
- ♦ Making Dyslexia Work For You by E Goodwin and B Thomson
- ♦ Dyslexia How to Survive and Succeed at Work by Dr. Sylvia Moody
- www.dyslexiascotland.org.uk
- www.dyslexic.com and www.assist-it.org.uk
- www.dyslexiaaction.org.uk
- www.scotland.gov.uk/Topics/Education/Schools/welfare/ASL/dyslexia

The definition of Dyslexia developed by the Scottish Government, Dyslexia Scotland and the Cross-Party Group on Dyslexia.

Suppliers' details for the recommend books can be obtained from:

Dyslexia Scotland

Stirling Business Centre, Wellgreen, Stirling, FK8 2DZ
A charitable company limited by guarantee
Registered in Scotland No: SC 153321 Scottish Charity No: SCO 00951
email: info@dyslexiascotland.org.uk Tel: 0844 800 8484
www.dyslexiascotland.org.uk