

Information about Dyslexia and Visual Issues

Visual Stress, Scotopic Sensitivity Syndrome, Meares-Irlen, Irlen Syndrome are difficulties that some children and adults with dyslexia may experience. Using coloured paper, coloured rulers, and special lenses can help alleviate the difficulties experienced.

What can you expect to experience?

- ◆ Distortion when viewing a page of print
- ◆ Letters may appear to 'move around' or 'jump about'
- ◆ Words and letters may blur
- ◆ Patterns or colours in writing
- ◆ There may be glare when reading
- ◆ Headaches/migraines
- ◆ Tiredness when reading
- ◆ Sore eyes/eyestrain



What can help?

- ◆ An assessment by a qualified optometrist/orphoptist
- ◆ Coloured rulers/overlays
- ◆ Using tinted paper to write on, rather than using white paper
- ◆ Glasses with special lenses to suit your requirements
- ◆ Simple exercises may alleviate some of the difficulties



Books on Tape, CD, MP3 format

Some people with dyslexia feel that they miss out because they struggle to read paper-based books. They want to be able to discuss the latest novel, or a child might want to have their say about their favourite Harry Potter book but can't because it means reading the books.



Books on tape, books on CD, MP3 format can resolve these issues. These "books" can be sourced online or by using a company that specialises in the above formats.

The information below will give you access to a few of the services that can help you access books more readily.

For More Information and Suppliers

- ◆ **Reading Through Colour** by Arnold Wilkins
- ◆ **Dyslexia and Vision** by Bruce J. W. Evans
- ◆ www.irlen.com (view samples of moving, jumping and blurring text)
- ◆ www.calibre.org.uk
- ◆ www.listening-books.org.uk
- ◆ www.ebooks.whsmith.co.uk
- ◆ www.books4all.org.uk

Suppliers' details for the recommended 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
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