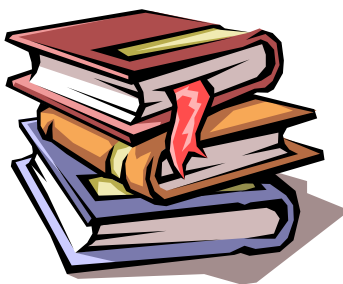




DYSLEXIA



Word -



Blindness

# What is dyslexia?

“**Dyslexia** – comes from the Greek and means ‘difficulty with words’. Dyslexic individuals may have problems with maths, musical notation, foreign languages and problems with organisation in general. It is more than difficulty with reading. Another term for Dyslexia is ‘Specific Learning Difficulties’.”

**Dyslexia** does not mean a person is stupid, but it does mean that s/he learns differently. Teachers who use multi-sensory methods find these are most effective as they make use of all the possible ways to receive information. Many Dyslexic people have strengths in other areas; they usually are creative, original thinkers etc and have a great deal to give. **There is no reason why a Dyslexic should not succeed once they have identified their difficulties and learnt strategies to overcome them, maybe with some help from a teacher or tutor who specializes in teaching dyslexia.**

“**Dyslexia** tends to run in families. You may have a relative who has had problems, though not necessarily exactly the same problems that your child is having.”

“It is important to recognise Dyslexia /SpLD as soon as possible since early help can prevent many of the later difficulties.” These can be of an emotional nature and become especially hard to deal with in adolescences.

Exerts taken from documents Published by the British Dyslexia Association.

# The Dyslexia Man



Reading  
Self Esteem

Writing  
Behaviour

S  
P  
E  
L  
L  
I  
N  
G

Language Memory Social Skills Maths  
Motor Skills Organisation

By Carol Orton

# Signs of Dyslexia in Adults

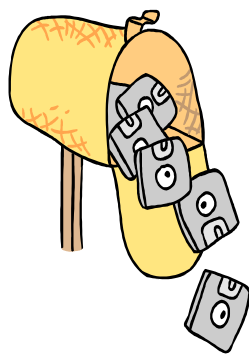
Some of the following may apply:

- Have difficulty with handwritten work
- Problems with planning and writing essays
- Spelling can be a problem
- May read inaccurately and have difficulty extracting information from text
- Difficulty with perception of language e.g. listening comprehension; with following instructions
- Low self esteem and lack of confidence
- May confuse or mix-up times, dates and places
- Cannot survive without their diary or organiser
- Need to make a list of daily tasks
- Tendency to misdial telephone numbers and may only be able to remember the ones they use regularly
- Use their mobiles to store all their numbers and would be lost without it.
- Works well with computer producing work of higher calibre than when writing
- When tired or under stress their difficulties are more noticeable and they slip back into earlier habits
- May have issues with directions and get their left and right confused
- Find it difficult to settle down to long periods of concentrated study.
- They get a physical headache from reading
- May not have found the right job and change job often
- May have fused promotion due to increased paperwork involved, responsibility or other skills they feel they lack

If you agree with more than half of the above you should look into dyslexia further and consider having a Dyslexia Assessment by an Educational Psychologist for a diagnosis if you intend to return to education or training.

They may often say some of the following:

- “I can talk the hind legs off a donkey but are unable to write it down”
  - “I’m a creative speller”
- “I can read, write and spell, I just can’t think at the same time”
  - “If it ain’t broke don’t fix it”
- “I’m having a dizzy moment or a dippy day”



They may do some of the following:

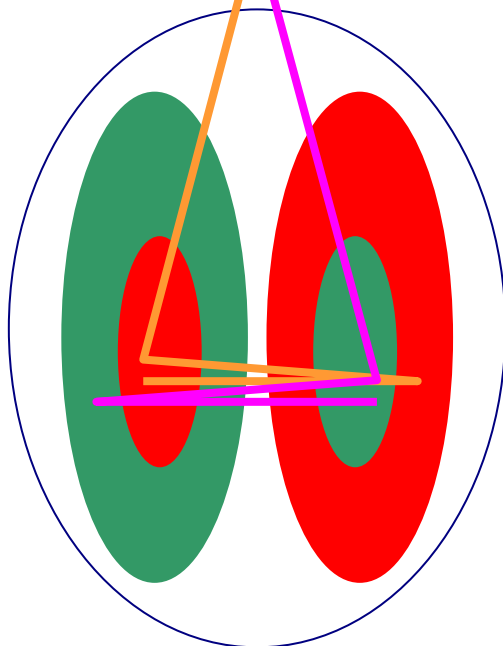
- \* Spend ages looking for a pen that is right in front of them
- \* Walk into a room to do something and then forget why they went there
- \* Start making a cup of tea but never finish it
- \* Can’t boil an egg because they don’t know the sequence of how
- \* Get angry if someone moves their things while they are working
- \* Have set ways of doing things
- \* Getting up late throws out their whole day
- \* They may dislike sudden changes

The way the dyslexic brain works is very different from the non-dyslexic brain. The non-dyslexic has a dominant side to their brain, they will either be left or right brain dominant. The dyslexic brain has no dominant side so it takes a dyslexic a lot longer to process information.

These diagrams represent the amount of brainpower being used while processing messages.

## Non – Dyslexic Brain

Right Brain  
Dominate

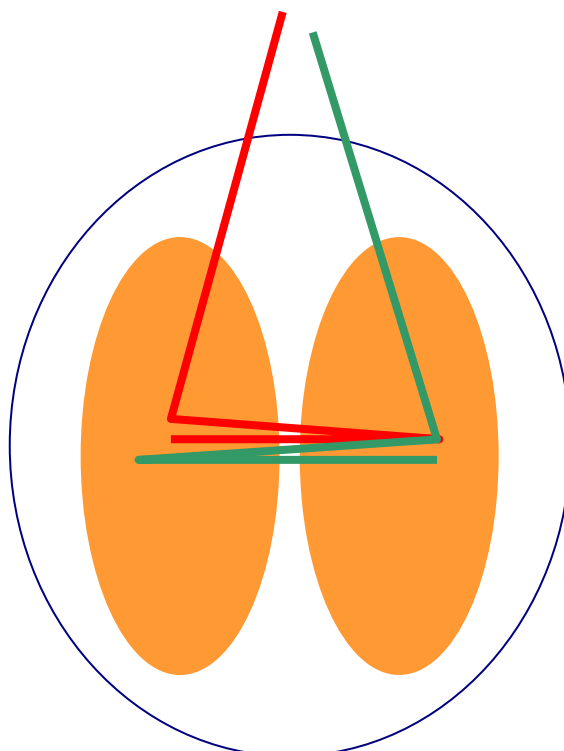


Left Brain  
Dominate

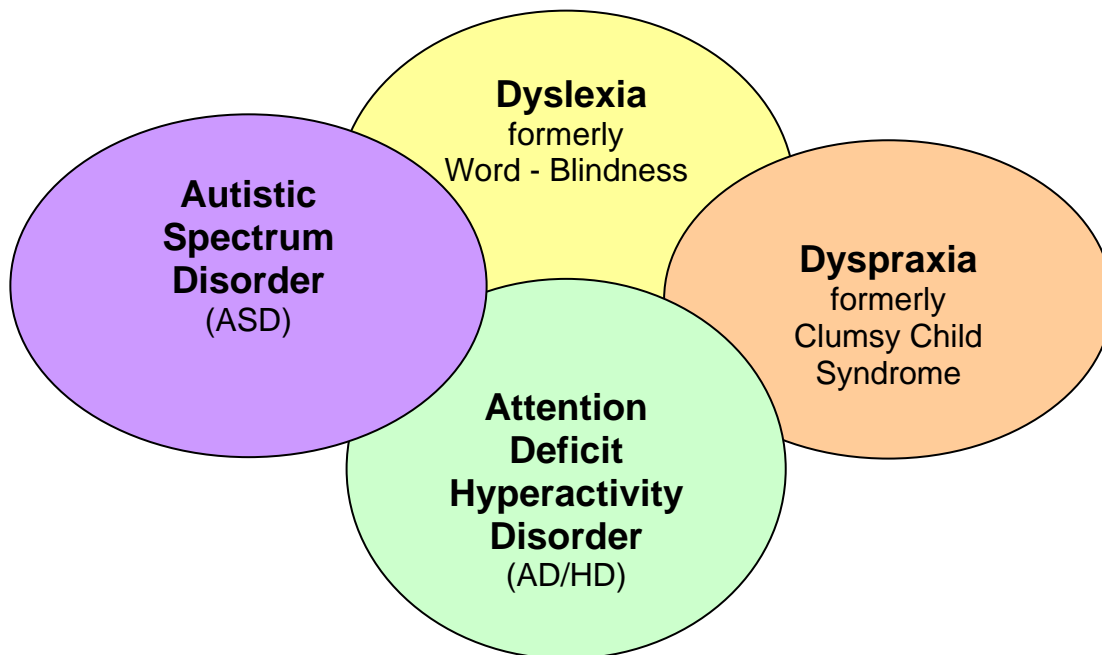


## Dyslexic Brain

No Brain  
Dominance



Dyslexia is closely linked with Dyspraxia, Attention Deficit Hyperactivity Disorder (AD/HD) and Autistic Spectrum Disorder. For this reason I have included the contact details for the support networks for these condition as they may be present with the dyslexia but this is not necessarily so.



# DACE

Dyslexia Advisory Consultancy Enterprise Ltd  
 74 Upper Belgrave Road  
 Seaford, East Sussex, BN25 3AY  
 Phone: 01323 896542  
 Mobile: 07929465710  
 Email: [dace.dyslexia@btinternet.com](mailto:dace.dyslexia@btinternet.com)

## LOCAL SUPPORT GROUP CONTACTS

### **Dyspraxia Support Group for Children - Sussex**

8 West Ally, Hitchin, Herts, SG5 1EG

Website: [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

E-mail: [dyspraxia@dyspraxiafoundation.org.uk](mailto:dyspraxia@dyspraxiafoundation.org.uk)

**Helpline** 01462 454986

(Mon – Fri 10am – 2pm)

### **Dyspraxia Support Group for Adult - Sussex**

DANDA, 46 Westbere Road, London, NW2 3RU

E-mail: [adultdyspraxia@pmcolley.freeserve.co.uk](mailto:adultdyspraxia@pmcolley.freeserve.co.uk)

**Helpline** 0207 435 7891

### **Sussex Autistic Society**

Bridge House, 40 Keymer Road, Hassocks, West Sussex, BN6 8AP

01273 846846

Help Line Time Mon -Thursday 10:00 – 12:30 01273 841254

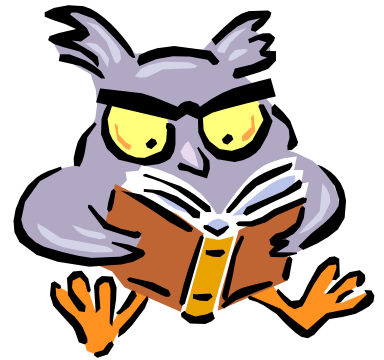
### **Sussex AD/HD Support Group**

PO Box 150, Crawley, West Sussex, RH11 0ZQ

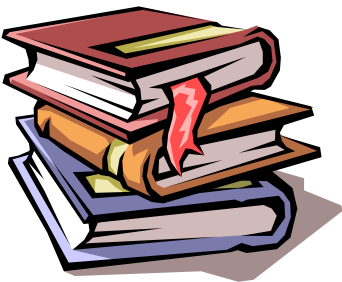
01293 428025



DYSLEXIA



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