

DUDLEY DYSLEXIA ASSOCIATION

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Getting a Full Assessment for Dyslexia.

1. Screening.

If you have not already completed our Checklist, get *I think I might be dyslexic.* Once you have completed the Checklist you might consider a screening test for dyslexia.

They are more in-depth than a questionnaire. They should be able to identify any weak areas you may have and also your strengths.

Some specialist dyslexia teachers offer screening tests. Contact your Local Dyslexia Association to see if this is possible in your area.

If you are studying, visit the learning support unit at your college, they may recommend a specialist teacher.

A dyslexia screening test may take up to an hour. Costs vary, so find out in advance what the charge may be.

After a screening test you should be given enough information to point you in the right direction for support or more assessment.

2. Assessment.

The next step is to undertake a full assessment. To find a psychologist or specialist dyslexia teacher in your area, ask your Local Dyslexia Association. They should be able to help you. You could also use the Internet to search for a Chartered Psychologist.

Before making an appointment, check that the psychologist or teacher has an up to date knowledge of dyslexia and is experienced in assessing dyslexic adults.

Ask for the report to be written with recommendations for the workplace if necessary. An assessment can take up to 2.5 hours.

All assessments will include a variety of tests. It is not like an exam. There are no right or wrong answers. The assessor is trying to build up a picture of how you think and process information.

The assessor will provide you with some feedback about your strengths and weaknesses. You will also receive a report.

A private assessment is likely to cost between £200 and £600.

3. Unfortunately there are limited opportunities for free assessments.

A GP (doctor) can refer you to a Chartered Clinical Psychologist if you consider your dyslexia is affecting your health, e.g. causing undue stress.

If dyslexia is an issue at work, or when looking for a job, consult the Disability

Employment Adviser (DEA) at your local Job Centre. The DEA can tell you about support or assistance that is available. The DEA may also refer you to a Chartered Occupational Psychologist for an assessment.

College students may ask to be referred to an Chartered Educational Psychologist, or a suitably qualified specialist teacher.

4. The report.

It can be useful for a number of reasons. It may:

- help you get more time in exams,**
- tell you how you can improve your skills,**
- help you get funding or help at college or work,**
- help you explain to others about your dyslexia,**
- highlight your particular strengths.**

5. Getting Help.

If you are in full-time education, you should contact your university Disability Officer. Disability Officers are able to provide practical help to students with dyslexia.

See Help for HE Students.

If you are in employment and require some support in order to do your job, you could talk to your employer about making ‘reasonable adjustments’ to the way you work. To find out more about the kinds of support which an employer could offer, see Help in the workplace and

How employers can help Staff with Dyslexia.

If you are seeking work, you should consult the Disability Employment Adviser (DEA) at your local Job Centre Plus. Via them you could get onto Access to Work programme. This programme is funded by the government and is designed to help people with disabilities find or retain work.

See Help in Finding a Job.

If you feel you have been discriminated against at work, you may be able to take your case to an employment tribunal. See Help in the workplace