

What is Dyslexia?

1. What is Dyslexia?

The word 'dyslexia' comes from the Greek and means 'difficulty with words'.

Dyslexia is a combination of abilities and difficulties that affect the learning process in one or more of reading, spelling and writing. It is a persistent condition. Accompanying weaknesses may be identified in areas of:

speed of processing;

short term memory;

organisation;

sequencing; and

spoken language and motor skills.

There may also be difficulties with auditory and/or visual perception. It is particularly related to mastering and using written language, which may include alphabetic, numeric and musical notation.

Dyslexia can occur despite normal intellectual ability and teaching. It is constitutional in origin, part of one's make-up and independent of socio-economic or language background. Some learners have very well developed creative skills and/or interpersonal skills, others have strong oral skills. Some have no outstanding talents. All have strengths.

2. Difficulties and strengths.

Possible difficulties.

Reading hesitantly.

Misreading, making understanding difficult.

Difficulty with sequences, e.g. getting dates in order.

Poor organisation or time management.

Difficulty organising thoughts clearly.

Erratic spelling.

Possible strengths.

Innovative thinkers.

Excellent trouble shooters.

Intuitive problem solving.

Creative in many different ways.

Lateral thinkers.

3. Where to look for help.

Helplines:

Some [Local Dyslexia Associations](#) (LDAs) have helpliners who specialise in information for dyslexic adults.

General helpliners in other [LDAs](#) can answer adult enquiries.

Support groups and meetings:

Many LDAs have [regular meetings](#) for adult dyslexics.

DANDA

Developmental Adult Neuro-Diversity Association

for people with conditions such as Dyspraxia, ADHD and Asperger's Syndrome.

(See [Related Organisations](#).)

Assessment, Advice, Tuition:

There is a list of BDA [Organisational Members](#) available. Some of these offer services to dyslexic adults.

They usually charge for these services. LDAs may know of other facilities.

4. Other sources of help.

The Disability Employment Advisor at your local Job Centre.

Adult Basic Education Centre.

CAB: Citizens' Advice Bureau.

Your Council's Neighbourhood Office.

Your trade union, if applicable.

Your local Disability Information Service.

5. British Telecom services.

Free Directory Enquiries is a service for anyone who is unable to use a Telephone Directory easily. It is available to diagnosed dyslexic people. The Free Directory Enquiries services will still be available after the changes to the Charged Directory Enquiries services in August 2003.

For registration details call free on Tel: 195.

Anyone can call for contact details of businesses and services, e.g. to ask for a taxi service in your area.

6. E-mail discussion group

Dyslexia forum. Discussions by and for dyslexic people.

See archives and joining procedure on

Web: www.jiscmail.ac.uk/lists/dyslexia.html

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