

# 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

Can be very creative and enjoy practical tasks.



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



Good verbal skills and good social interaction.



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



## Weaknesses associated with Dyslexia

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



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



Problems with written work e.g. spelling and writing.



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



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](http://www.dyslexiascotland.org.uk)
- ◆ [www.dyslexic.com](http://www.dyslexic.com) and [www.assist-it.org.uk](http://www.assist-it.org.uk)
- ◆ [www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk)
- ◆ [www.scotland.gov.uk/Topics/Education/Schools/welfare/ASL/dyslexia](http://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**

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