



## How do I know if I'm dyslexic?

If you are just finding out about dyslexia, here's how to begin:-

The adult dyslexia checklist.

- Look at the questions in the checklist. The questions are all related to different areas of dyslexia.
- Read the questions carefully and be as honest as you can when answering them.
- If you do the checklist and the answer is not what you expect, talk to someone who knows about dyslexia. We are all very different and you may require something more focussed than a checklist to identify your dyslexia.
- Contact the BDA helpline, 0333 405 4567, and talk through your concerns. There may be someone local who could offer you advice.

Screening

- There are screening tests 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.
- Specialist dyslexia teachers may deliver some screening and diagnostic 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.

Assessment

- The next step is to undertake a full psychological assessment. Only a psychologist can say definitely that you are dyslexic. To find a psychologist

in your area, contact your local dyslexia association. They should be able to help you find one.

- Before making an appointment, check that the psychologist has an up to date knowledge of dyslexia and is experienced in assessing dyslexic adults.
- 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 psychologist is trying to build up a picture of how you think and process information.
- The psychologist 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 £300 plus.

Unfortunately there are limited opportunities for free assessments.

- A GP (doctor) can refer you to a clinical psychologist if you consider your dyslexia is affecting your health, e.g causing undue stress.
- If you are at college you may ask to be referred to an Educational Psychologist.

The report 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

### Getting Help

The BDA Helpline can offer you advice and give you a contact in your area. The volunteers who run the helplines will often have a great deal of experience and information to hand.

### How to contact the BDA.

British Dyslexia Association, Unit 6a Bracknell Beeches, Old Bracknell Lane, Bracknell, RG12 7BW

Tel: Helpline 0333 405 4567 Switchboard: 0333 405 4555

E-mail Helpline: [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk) Web: <http://www.bda-dyslexia.org.uk>

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