



What is dyslexia?

What is DYSLEXIA?

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

It is a difference in the part of the brain that deals with language. It affects the under-lying skills that are needed for learning to read, write and spell. There is more and more evidence gathered from brain imaging techniques that dyslexic people process information differently.

Around 4 of the population is severely dyslexic. A further 6 have mild to moderate problems. Dyslexia occurs in people from all backgrounds and of all abilities, from people who cannot read or write to those with university degrees. Dyslexic people, of all ages, can learn effectively but often need a different approach.

Dyslexia is a puzzling mix of both difficulties and strengths. It varies in degree and from person to person. Dyslexic people often have distinctive talents as well as typical clusters of difficulties.

Possible Difficulties

- Reading hesitantly
- Misreading, making understanding difficult
- Difficulty in 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

Where to go for help

Helplines:

Some Local Dyslexia Associations (LDAs) and Dyslexia Support Groups (DSGs) have helpliners who specialise in information for dyslexic adults. General helpliners in other LDAs and DSGs can answer adult enquiries.

The BDA Web has a list of Local Dyslexia Associations. It has one helpline phone number for each affiliated association and E-mail addresses where available. Most London Borough DSGs are affiliated to London DA and are included.

The London Adult Support Group covers several boroughs.
The Birmingham Adult Dyslexia Group covers most of the West Midlands area.

Support groups and meetings:

Many LDAs and DSGs have regular meetings for adult dyslexics.

Assessment, Advice, Tuition:

There is a list of BDA corporate members available - some of these offer services to dyslexic adults. They usually charge for these services.

LDAs may know of other facilities.

Other sources of help:

Locally:

- 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.

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 Web: <http://www.bda-dyslexia.org.uk>

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