



What is dyslexia...

and how can
Dyslexia Action
help?

Dyslexia
Action

Taking Action • Changing Lives

www.dyslexiaaction.org.uk

What is dyslexia?

Dyslexia is now well understood. It is mentioned in the Equality Act (2010) and the Children and Families Act (2014). These laws make it a duty to ensure those affected by dyslexia are not disadvantaged compared to their peers.

A formal definition of dyslexia was agreed by the Department for Education following a review of the evidence in 2009. This is the Rose definition which can be read in full at: www.dyslexiaaction.org.uk.

The definition's main points are:

- Dyslexia primarily affects the ability to learn to read and spell
- It comes from a difficulty in dealing with the sounds of words, which makes it especially hard to learn to read words using phonics
- It usually affects short-term memory and speed of recalling names or labels. This means that people with dyslexia often find it hard to remember lists of things they have just heard, or to remember a name or a fact quickly
- Other kinds of difficulties, for example with maths or with co-ordination, may go alongside dyslexia, but they do not always, and they are not part of the definition
- Dyslexia is not the same for everyone: it can be mild or severe; it varies depending on other strengths, or difficulties, that the person may have; and it varies depending on the kind of support and encouragement that is given at school, at home and at work.



What are the other important things we know about dyslexia?



- People with dyslexia often have strengths in reasoning, in visual and creative fields; dyslexia is not related to general intelligence; and is not the result of visual difficulties
- Dyslexia usually runs in families. Even though genes are involved, there is still much that can be done, especially if intervention is given early
- Many people learn strategies to manage the effects of dyslexia, but it does not go away and its effects may be felt in new situations or in times of stress
- People with dyslexia often, but do not always, show characteristics of other specific learning difficulties such as dyspraxia, attention deficit disorder or dyscalculia.

What are some of the signs of dyslexia?



- Slowness in learning to read, write and spell
- Slow speed of writing, spelling and reading and/or needing to read something several times before it is understood
- Continuing to make visual errors in reading, for example saying 'was' for 'saw' or 'bad' for 'dad'
- Making 'bizarre' spelling errors that seem unrelated by sound to the intended word
- Difficulties working out sums 'in the head', confusing or forgetting telephone numbers, and problems remembering instructions
- Using the wrong name for something or problems saying long, complicated words like 'preliminary' and 'statistical'
- Appearing forgetful or disorganised.

Find out more about other signs at www.dyslexiaaction.org.uk

What is Dyslexia Action?

Dyslexia Action is a national charity with over 40 years' experience in providing services and support to children, young people and adults with literacy and numeracy difficulties, dyslexia and other specific learning difficulties. We provide assessments and tuition through our national Learning Centres and in schools across the country, alongside supporting teachers and educators through the provision of teaching resources and training. We also undertake research and campaigning to improve the lives of those affected by dyslexia.

How can Dyslexia Action help?

Dyslexia Action can:

- Assess children and adults for dyslexia and specific learning difficulties
- Provide specialist tuition in literacy and numeracy in schools or in Dyslexia Action Learning Centres across Britain
- Teach strategies to tackle issues such as poor short-term memory
- Offer specialist advice for those affected by dyslexia
- Train teachers and educational specialists to help those with dyslexia, through a wide range of courses, both onsite and online
- Present opportunities for discussion, and information sharing through membership of our professional body: The Dyslexia Guild
- Help employers to support their staff who are affected by dyslexia or literacy and numeracy difficulties through specialist workplace coaching and consultancy
- Supply specialist products for those supporting students with dyslexia and literacy and numeracy difficulties, through the Dyslexia Action Online Shop.

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www.hcpc-uk.org



*All our practitioner psychologists are registered with the Health and Care Professions Council and meet their standards.

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