

HELPFUL TIPS FOR ADULTS WITH DYSLEXIA

Dyslexics THINK and LEARN in a DIFFERENT way.

Dyslexics can have a very good IMAGINATION and be very CREATIVE. They can often appreciate buildings, shapes and objects in 3-dimensions and are good PROBLEM SOLVERS.

Dyslexics can often "SEE" words as PICTURES in their MIND'S EYE.

The PROBLEMS arise when you know what you want to say, but cannot express your thoughts on paper adequately enough, or fast enough.

HELPFUL SUGGESTIONS:

USE MULTI-SENSORY TECHNIQUES to help you.

This means using your eyes to look at objects and pictures to help you. Seeing and reading words on a page that has clear print, without glare.

Use of appropriate coloured overlays or tinted spectacles can assist this.
(Advice about this can be done by a trained Optometrist.)

Listening to sounds of words, and hearing them accurately:
then repeating the words by saying what you have heard.

Using fingers to form letters in the air, or in sand, or using blue tack and plasticine.

STRUCTURED LEARNING WITH PROGRESSIVE STEPS, AND BITE-SIZE CHUNKS.
Not too much at once.

REPETITION AND STRUCTURED LEARNING WITH RE-INFORCEMENT

Writing out short passages and saying words out loud. Covering passages in a book with your hand, and saying out loud what you can remember. Then check to see if it is correct.

Instructions need to be simple and straightforward, and enough TIME allowed in order to answer questions.

IDENTIFY LEARNING STYLE

Everyone has a favourite way of learning, and it helps if you know how YOU LEARN BEST. You may need a teacher to help with this.

You may learn best by VISUAL, AUDITORY or KINAESTHETIC ways!

It is IMPORTANT to understand what your STRENGTHS and WEAKNESSES are, so you can boost your confidence with practice and encouragement, and improve your skills in the process.

TOOLS AND AIDS

USING COLOUR CODING to ORGANISE your work and revision.

Cream coloured or pastel shaded paper can help reduce glare.

COLOUR OVERLAYS OR READING RULERS ARE ALSO HELPFUL.

Double spacing between lines of print can help.

When using a Word processor, Arial font or Comic Sans are easier to read.

PLANNING YOUR WORK

Consider TASK carefully and THINK how you are going to answer questions FIRST before you write things down.

USING A MIND MAP may also help.

Sit comfortably with good light and support for your wrist and hand when writing.

Use adapted pens with adequate grips, and highlighter pens with post-it notes.

A Reading Pen which plugs into your laptop can help. Especially for unfamiliar words.

Use a BUDDY to discuss ideas, and don't be afraid to ask for help if needed.

Work for short periods of time, with frequent breaks, glass of water and perhaps BRAIN GYM.

NEURO-LINGUISTIC PROGRAMMING can help with spelling.

AIDS THAT CAN HELP

Using a Digital voice recorder to record Lectures given, so they can be played back at your own pace, and you can make your own notes, at your own speed.

Alter the background of your computer screen to a colour that you can tolerate better.

AQUEOUS BLUE/GREEN SOMETIMES HELPS. TRY AND SEE WHAT WORKS!

I-PHONE if you can afford one, has a calm background to make words easier to READ. Helpful apps can be downloaded to assist memory and factual information.

TOUCH TYPING is very useful, and can be learned using a computer programme.

www.englishtype.com is one example.

Voice Recognition Software, such as DRAGON NATURALLY SPEAKING helps to express what you want to say and helps with spelling.

Read and Write Inc is a programme that you use to highlight what you want to read, and it speaks it back to you, so you can write it down.

Use automatic alarms and daily calendar to remind yourself about appointments and deadlines for work completion..

Alpha Smart Neo is a Word Processor with word prediction software. www.alphasmart.com

www.thedyslexiaishop.co.uk supplies books, aids and resources for dyslexics and teachers.

www.listening-books.org.uk is a postal and internet audio book service.

www.basic-skills.co.uk - Basic skills agency for adults with learning difficulties.

www.readplease.com - helps with difficulty in proof reading. Also, you can check out

www.clarosoftware.com , www.texthelp.com or www.dolphinedu.com

Software called Global Autocorrect has been designed by Neil Cottrell, a Dyslexic too, to correct spelling as you type. Further information on www.LexAble.com

www.GingerSoftware.com helps check spelling and provides text-to-speech reading.

www.bdadyslexia.org.uk - British Dyslexia Association

www.dyslexianortheastengland.org.uk is a local Charity to provide help and support.

REMEMBER THAT DYSLEXIA IS A GIFT AND A LOT CAN BE ACHIEVED WITH THE RIGHT KIND OF HELP AND SUPPORT.

A good balanced diet with Omega-3 content, regular exercise , and plenty of water and a POSITIVE OUTLOOK ALL HELPS!!

DYSLEXIA is a CHALLENGE to be faced and used to your advantage!

Whatever the problem, please ask for help and support to enable you get through the barriers and achieve your potential!

DYSLEXIA NORTH EAST www.dyslexianortheastengland.org.uk tel: 0786 826 3696.