

# WHAT IS DYSLEXIA?



# LEARNING CONTENT

1

Definition

2

Dyslexia in children

3

Dyslexia in adults

4

Supporting dyslexia

5

Diagnosing dyslexia

6

Causes of dyslexia

# DEFINITION

Dyslexia is a relatively common, lifelong learning difficulty affecting up to 1 in 10 people. It mainly causes problems with reading, writing and spelling. It does not impact intelligence.



# DYSLEXIA IN CHILDREN

The signs of dyslexia in children include, mixing up similar looking letters, reading at a slower pace, poor handwriting, difficulty breaking down words into phonemes and struggling to spell correctly.



# SUPPORTING CHILDREN

Children can be supported to manage their dyslexia by reading frequently with the support of an adult and having some phonics interventions at school. Working in small groups with more staff support can also help. Children with dyslexia may prefer to use computers instead of writing on paper.





# DYSLEXIA IN ADULTS

The signs of dyslexia in adults include, poorly organised written work, poor spelling, difficulty taking notes and copying writing. They could also struggle with exam revision and find it difficult to remember sequences of numbers or letters.



# SUPPORTING ADULTS

Adults can manage their dyslexia by making the most of technology to write and organize themselves. They could talk to their employer to make sure they have enough time to complete tasks and ask for information in formats they find accessible.



# DIAGNOSING DYSLEXIA

Dyslexia can be diagnosed by a dyslexia assessment. Children showing signs of dyslexia, may have several interventions to support them before it is established that they need an assessment. The assessment is usually carried out by an educational psychologist or an equally qualified professional.





# CAUSES OF DYSLEXIA

The cause of dyslexia is still unknown, but it appears to run in families and is thought to be linked to specific inherited genes. These genes impact the way the brain develops during early life.





THANK YOU  
FOR  
LISTENING



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The Medical Clarity Journal