

ULTIMATE GUIDE TO ADULT DYSLEXIA



**DISCOVER WHAT DYSLEXIA IS, HOW TO BEAT
IT AND LIVE TO YOUR FULL POTENTIAL**

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What is Dyslexia?

Lack of processing facts and figures related to shortage in interim reminiscence and visual harmonization is called Dyslexia. This specific deficiency in interim reminiscence can create difficulties for the patient to find out connection between illustrated representation and the verbal resonance.

What do the adult dyslexic people go through?

Dyslexic people undergo reading, spelling, numeric, writing, promptness and personal organization tribulations, which differ in range and rigorousness. Nobody is a characteristic dyslexic being and the extent of its effectiveness varies from serene spelling obscurity to relentless managerial tribulations to absolute illiteracy.

Several dyslexic individuals are conceivably unacquainted as they are undergoing dyslexia, while until maturity till it is analyzed and found. Not always instantaneously identifiable, this is a dilemma contrasting to some disabilities, which several dyslexic inhabitants try to conceal. Leading to aggravation, anger and distress, a dyslexic individual's self-confidence is generally low. It leads to undertaking low confidence tasks like taking mobile messages, finishing timesheets or completing application forms.

Let us understand what a dyslexic person is. This is tough to reply, since explanations of dyslexia diverge and the complexities linked with the circumstance vary from soft, to restrained, to relentless. It is difficult to neither conclude the cut-off spots (mainly the one linking the meekly dyslexic plus the other population) nor draw closer within the slightest decided approximation. Some research has been completed which has guesstimates about the amount of inhabitants with dyslexia. Except providing anecdotal statistics, there is not much that implies a consistent trial to review the circumstance. In UK and several other nations, there is an

inconsistent figure and definitely assessors working on the research come across much to query.

2—4% of around 10-year olds had grave dyslexia according to an extensive study by Professor T. Miles in UK in 1980, while additional 6% suffer milder dyslexic complicatedness according to experts. An ongoing study in Connecticut that initiated in 1983 proposes that 20% of all American population including children may have an amount of dyslexia on a range starting from relentless to very easygoing, with 4% confidential as being relentlessly dyslexic. When dyslexic patients don't comprehend their obscurity and go through aggravation, it is better for them to get assistance, which might direct them to a better state.

Surveys have been done on penitentiary populations. A survey in 1998 in Texas, whose subjects were inmates, English speaking plus psychologically and bodily healthy, accomplished that the dyslexic were merely below 30%. In UK, another survey in progress since 1998, at Pentonville Prison, proposes that 33% dyslexic patients are those prisoners having literacy tribulations. An up to date study at Polmont Young Offenders Institute in Scotland put the occurrence of dyslexia patients at 50% in 1999.

An Overview Of Those Who Are Dyslexic

Some teachers who did not understand thought that middle class parents made an excuse and would not accept their children to be slow learners; henceforth it was dismissed as a 'middle-class disease'.

Anyone Can Suffer From Dyslexic:

It is obvious that it is prevalent and crops up transversely in the entire assortment of the populace. The Connecticut review ropes this outlook and proposes that the clause is originated evenly between groups of all communal classes and aptitudes. It might purely be trouble-free to distinguish in a kid, who in all means appears to be building high-quality development than the kid who is usually a sluggish student or there may be lesser prospects as of societal background.

The immeasurable bulk of populace suffering dyslexia can lead a completely regular living condition that they are specified for the aid they require. The disease is widespread; nearly all of us perhaps survive and toil with dyslexic inhabitants devoid of realizing anything is erroneous. Dyslexic people can excel in any area, outshining in visuals arts, theatre or music proving that this abnormality doesn't affect intelligence.

Acknowledged as the youngest individual by Cambridge University, at 15, is dyslexic and has each and every book interpreted on audiotape and reads aloud his articles and instances of several well-known people who were dyslexic are Winston Churchill, Albert Einstein, Richard Branson, Leonardo da Vinci and Dennis Bergkamp.

Root Cause of Adult Dyslexia

At the outset, poor parenting is not the cause of dyslexia, quite the opposite, initiatives of bringing dyslexia to the vanguard of the learning complexity ground was by these troubled parents of dyslexic students.

Each and every parent must have insisted in pinpointing his or her kid's institution that something must be incorrect, when a kid of actually usual aptitude is deteriorating to be taught to interpret and inscribe.

Sources of Dyslexia

At this instance, not a soul is familiar with it to be frank. Presently, it shows a valid boost in the quantity of study going on, and numerous options are in commencement to come out, but the fog is all through this matter. The picture by and large is that inherited factors are the cause of dyslexia, and possible hearing troubles at a premature age.

Factors Causing Dyslexia

It's obvious that this abnormality is very typically set up in families; in addition, it frequently comes together with left-handed nature in the family. It's not compulsory that a left-handed person would be dyslexic or that it always passes on from father to child. But, there are cases where dyslexia is acknowledged this way. 35% of kids have a record of memorizing complexities in their kin, and more than 50% have a family associate who's of left-handed nature.

By means of the scientific progresses that have taken place in brain scanning these days, countless study has taken place in groping the intelligence of dyslexic individuals. Groups of cells, which recline on the exterior in the brain, have been discovered of a person not suffering from dyslexia. These clusters of cells are supposed to have shifted to the brain's exterior at the instance while the brain was supposed to be mounting in the fetus, except unsuccessful to complete the expedition and also branded by 'ectopic' cells (similar to an ectopic pregnancy, somewhere the egg is unsuccessful to arrive at the womb and is re-instated in the Fallopian pipe).

The left and front of the brain, which is the area important for reading and writing, is where the ectopic clusters are mainly found. One more region of the head, the magno-cellular arrangement, which compacts with our aptitude to observe moving images, is minor in the brains of people suffering dyslexia. This creates interpretation difficult, where the mind has to rapidly infer the dissimilar characters and vocabulary, which the eyes see during scanning vocabulary and sentences.

When a child is starting to study and interpret, it is likely to see enlarged brain activity on the right face of the brain through the utilization of EEG (electroencephalogram), by which minute electrodes along-with supports are momentarily connected to the exterior of an individual's skull while bigger goings-on is obvious on the left side in an sophisticated reader

Nevertheless, dyslexic children's brains demonstrate a strange disparity in left-side and right side commotion. Latest study has brought out that, while children clear of the disorder utilize the left area of their brain for verbal

communication, dyslexic kids have to utilize the right side too which isn't the region of the head that is agitated for verbal communication, in addition to the intelligence of dyslexic kids and grown-ups have to exert 6 times as much. This might be the reason dyslexic kids and adults turn out to be exhausted by verbal communication and dealing with transcript.

Types Of Dyslexia

Dyslexia - "Word dyslexia is made of the two Greek words, one of them is "dys" it means hard or poor, and the second one is "lexis" that is, words or speech. That is why; dyslexia refers to a noticeable difficulty in reading or understanding the things. For example, a person having dyslexia may make mistake in reading the word, "dyslexia" as "lysdexia." Dyslexic person reads haltingly and slowly as he or she struggles with the job of reading.

You can not say that the person is having dyslexia if a person is having a problem in reading because of poor vision, inadequate schooling, mental retardation or a hearing defect. The normal estimation is that one of the five children have problems in reading, but, in actual only two to eight % of them have dyslexia. There are so many variation of it.

Literal Dyslexia:

Literal Dyslexia is also referred as, "Letter Blindness". In this kind of dyslexia a person has trouble in recognizing letters, matching lower case letters with upper case letters, naming the letters, or toning sounds with related letters.

Word Dyslexia:

In this kind of dyslexia a person might read individual characters of the word, but not the whole word itself, or might read word, but cannot realize the sense of that word. In some cases dyslexics may read and understand words partially. A person would be able to read the word, "lice," as, "ice" or as, "like". Some dyslexics can find the solution by moving finger along the word.

Phonological Dyslexia:

In this dyslexia, a person faces some problems in converting characters to their sounds. They can easily read the words that are by now familiar to, but have lot of trouble reading those who are unfamiliar. They also face difficulty in reading a non-word. They sometime tend to misread the actual words as other word that looks similar.

Neglect Dyslexia:

In this dyslexia, a person ignores either the right or the left part of words. And these kinds of problems are particularly highlighted while reading some

long words. For instance, if they asked to read, "cowboy", they read it partially, as "cow" or "boy".

Semantic Dyslexia:

In this type of dyslexia, a person changes the sense of the word or may incorrectly read a word as they confuse to find the meaning of the given word. For example, they might find in reading, "dog" and misread as "fox" or "cat". At times they may read, "twist" instead of "twisted" or "buy" instead of "bought."

Spelling Dyslexia:

In this type of dyslexia, a person can have a trouble reading every type of words and at times can have problem recognizing some individual letters. Their speed of reading is very slow and also a little hesitant, mostly on long words. Some dyslexics are likely to read the words by, one character at a time, even though those are very familiar and short.

Pure Dyslexia:

In Pure dyslexia commonly known as "Dyslexia Without Dysgraphia", a person faces trouble in only reading but not while writing. Some faces difficulty doing written arithmetic, since they have to read the numbers and the text, but they might not have any trouble in doing spoken arithmetic.

Deep Dyslexia:

In Deep Dyslexia commonly known as "Dyslexia With Dysgraphia" a person finds a difficulty in writing words and letters, integrating the sounds of letters, grasping word-meanings, and in speaking some unfamiliar, and now and again, even common words.

So, we can conclude that there are so many type of dyslexia. Every type needed different kinds of treatments and we should do some careful analysis to help the reader.

What Is Visual Dyslexia?

Visual dyslexia is one kind of dyslexia. It is a perceptual problem that is not an optical problem but is a genetic condition. In the mid brain region a disorganized magno cell causes wrong timings of the visual messages so the result is, the processed information is wrong. These persons are extremely sensitive to particular light frequencies.

These problems can be solved by spectrally customized "colored filter lenses". They can solve the timing unevenness and normalize evoked potential. The right color is also very important as the wrong color, is the suggestion of Prof. "Barbolini, Modena University Italy", it can boost the blood flow to the posterior veins of the brain and can cause headaches.

Solutions to the Problems of Dyslexia:

Intervention is the special assistance given to the readers who have the reading problem. It is designed to increase the physical and the academic functioning of child. They are directed at the math problems, behavioral problems and reading problems.

Build Skills For Word Recognition To Defeat The Problems Of Dyslexia:

Increasing the number of words a student can recognize without thought and effortlessly is the meaning of **Word Recognition Skills**. A capable reader at the college level may have a sight vocabulary more than thousands of words. The logic for building the word recognition skill is that can help you in automatically recalling the word that you know and that can help you while you are reading. If you know more words, it would be simple for you to read the lines accurately and quickly. So reading would not look like a laborious process to you. On the other hand if you do not have the word recognition skills, thinking about the words during your reading can make your work more difficult. If you have a great vocabulary power, you would be able to understand the word before you read it in place of thinking about it after reading it. In this way word recognition in quick can greatly increase the reading fluency.

The Skill Builder Module for Improving Rapid Word Recognition:

The "Skill Builder Module" was planned to enhance reading ability levels for recognized weaknesses. There are so many of Intervention Sets offered that are made for different educational problems and weak points. Intervention set can be said as a list of related practice stuffs targeted to improve a picky skill. The item for the intervention set is trained repeatedly until that set is mastered. Typically, one set has many levels connected with it. As the student gets a grip on one level they move ahead to the new level.

Symptoms Of Dyslexia

Currently dyslexia becomes a noticeable problem to people. Earlier, people did not care about writing and reading of person disabilities. They might say that child or person is slow learner, lazy or not intelligent as others if he or she is having dyslexia, instead of giving proper treatment. But, now with the alertness of this disorder, everyone is adept to deal this problem. You can take the professional help now days, if you believe that you or your family member having the symptoms or signs of dyslexia.

Here are some ways to know whether you are suffering from the dyslexia or not:

Bias Towards One Side Of A Brain -

People use both sides of their brains but may have a bias toward any one of them. The academic people are very left brained with an importance on details, categorizing and words. The right side of the brain just focuses on sensitive ways. If the child is having the problem in following the instructions that is for the directions left and right, learning to tell time, learning the alphabets then he/she may well be right brained. At times he/she looks disorganized but may produce some artistic or creative thoughts. Many learners with the dyslexia have the right brain dominance that is why they find so many difficulties in the range of the subjects provided and the style of teaching in the school.

Direction Confusion –

One dyslexia symptom is facing problem in recognizing the directions. It also includes variety of forms like problem in recognizing up and down, left and right, following compass and following maps and also in following instructions. It can also be the reason why dyslexics exchange letters like d and b, n and u, p and q etc. Dyslexics are puzzled not just in characters but also in numbers, a person may read or write 81 to 18.

Spelling Difficulties –

Another dyslexia symptom is the trouble to spell troublesome and at times simple words. Person might find it complicated to spell short and simple words.

Sequences and Math Difficulties –

Problem in conceptualizing sequences and understanding math chapters are also dyslexia symptoms you must examine. It is a gigantic challenge for dyslexics to remember the numbers in right order or in reverse order.

Comprehension difficulties –

In this kind of dyslexia person may face problems to remember and repeat the lines that has been said to him or her. Person also might face difficulties in following instructions also.

If you find a person having any or some of the dyslexia signs or symptoms, immediately find some professional help for the person.

Summary of Adult Dyslexia symptoms

- Not able to pronounce (i.e. spell) properly.
- Interchange the letters or numbers or reversing numbers or letters, for example d for b or 6 for 9.
- To add or remove words at the time of reading.
- Difficulties in recognizing left and right.
- At time of dressing, they wear clothes inside out or on backwards.
- Have problem with sequences.
- Often are ungraceful or clumsy.
- Might be having short (time being) memory problem, but having a long-term memory.
- They are superior at hands on school or job work. But, can easily be diverted from topics/tasks.
- Not able to manage time i.e. suffer from time management problems.
- Problems in organizing things.

Above are some of the common symptoms of dyslexia, but if such symptoms are found, it cannot lead to dyslexia always. So, if such symptoms are found, person should contact some dyslexia professional doctor to clear his/her doubt that whether he/she had become dyslexic.

Some of the other major symptoms of Dyslexia:

- Dyslexia can be spotted easily. At earlier stages i.e. in First, Second or Third grades, they may show speaking problems and mixed up pronunciations.
- They are unable to speak properly, letters like Rs, Ls, Ms, and Ns. They have problems in pronouncing words, for example they pronounce word red and green as wed and green.
- Some of the dyslectic also have listening problems, while some other dyslexic also suffers from poor eyesight.
- It is quite natural that children with hearing and speaking deficiency will have reading difficulty as well. So they are dyslexics.
- Neurologist or a psychologist by proper dyslexia test determines the existence or non-existence of dyslexia in person. This test includes reading, writing, spelling and language skills of patient. Along with above tests, other tests like memory, intelligence, hearing and vision test are also conducted. After this test, it conforms that whether one is suffering from dyslexia or not.
- Although children, who have normal oral language and intelligence, face problems in reading, writing and spelling compared to other classmates.
- They are unable to distinguish between symbol and letter.
- They have poor pronunciation, vocabulary and concepts.
- They have bad handwritings.
- There are problems in his/her behavior, like they might be careless, dumb, non-participative, lazy etc.
- They gets easily frustrate and become angry in their daily school or job work.
- They do not have self-esteem and sometimes feel inferiority complexion.
- They will be actively participating in activities like art, drama, sales, business, sports, music, work etc for hiding their bad reading skills. As they do not have good academic image.
- In general, they might be careless in studies, absentminded and disjoint with school curriculum. They might involve themselves in anti social activities. They find major difficulties in comprehension and reading.

Thus, these are the symptoms of dyslexia. If one feels that they have such symptoms, he should immediately go for treatment. Next, we are going to discuss some of the important treatments carried out for curing dyslexia.