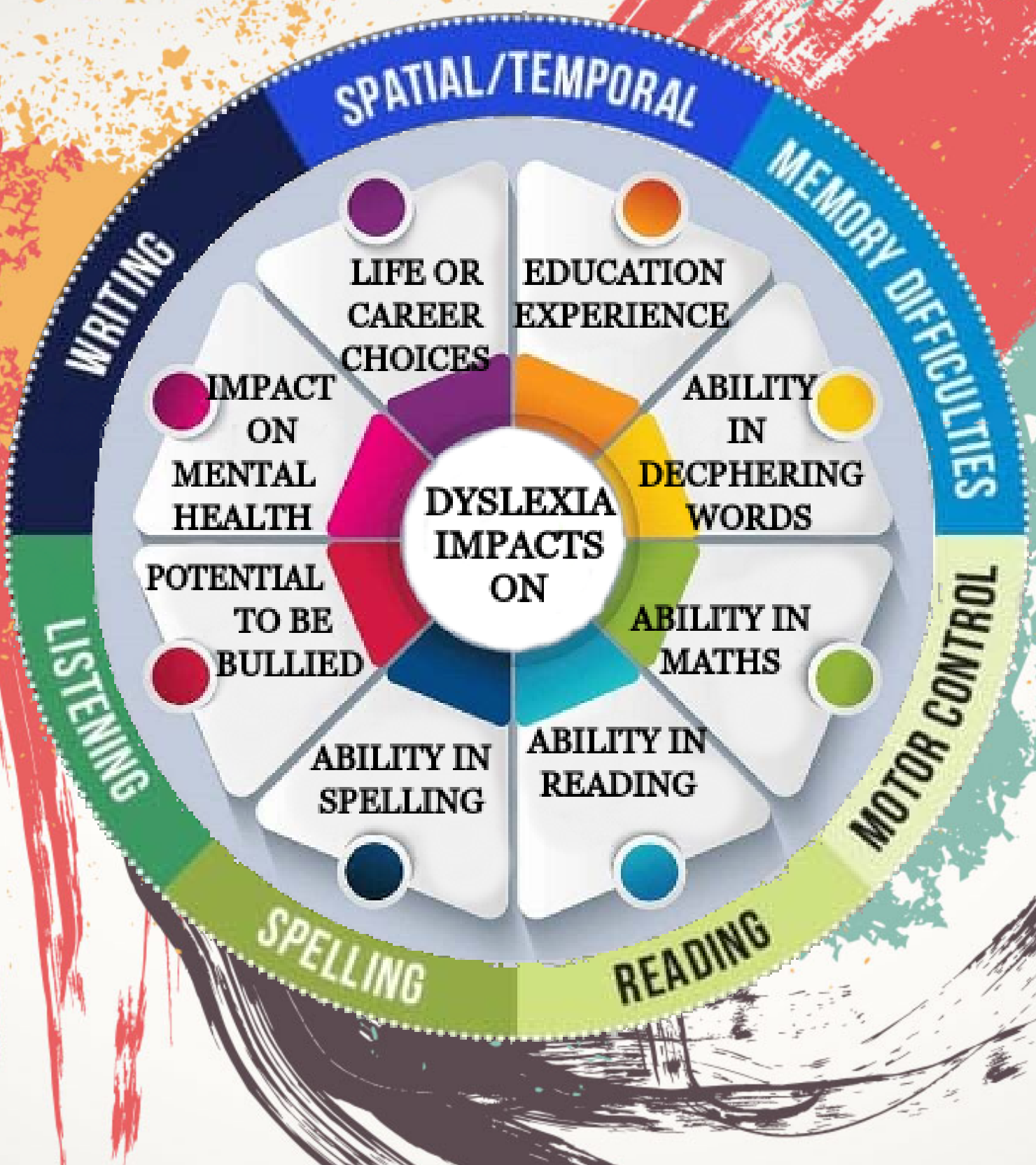


# UNDERSTANDING WHAT IS DYSLEXIA AND IT'S IMPACTS



**Find Useful Tips Inside For Dyslexia**

**Learn How To Deal With Dyslexia**

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## What Is Dyslexia

Dyslexia has been described as a difficulty in processing information which may be linked to deficiencies in short-term memory and visual coordination. It is an inherent weakness in short-term memory, that is either auditory or visual, which can make it extremely difficult for that person to learn and understand the relation between symbols and spoken sounds. This difficulty allows the person to be unable to correctly speak the correct flow of auditory sounds needed to make a word or sentence sound proper.

The range and severity of the problem of adult dyslexia varies widely between dyslexic people. The main areas of difficulty that occur most often are reading, writing, spelling, numeric, personal organization and time-keeping. However, the degree to which individuals may be affected ranges from mild spelling difficulties to severe organizational problems or complete illiteracy. In all reality there really is no such thing as a typical case of dyslexia.

In some cases people with dyslexia are unaware that they suffer from such a problem whereas others haven't had a confirmed diagnosis until adulthood. Adult dyslexia is difficult to recognise and identify as it's a problem that many people either don't realise they have or they try to hide it. Simple tasks that a person with dyslexia may try to perform may become increasingly more difficult, such as taking down a message, which can lead to frustration and anxiety.

## What Causes Dyslexia

Most research has concentrated on seeking to explain the cause of dyslexia, however this has proved to be somewhat unfruitful. Neurological research suggests that there may be some abnormality in the function of the left side of the brain which controls the speech system, whereas cognitive research in recent years has increasingly focused on problems of phonological awareness (the awareness of the speech sounds within words) and there has been speculation that these problems may be associated with a specific area of the brain.

One thing is conclusive however, it's that the cause of dyslexia does center around an abnormality in the brain that prevents a person from correctly recognizing the right speech pattern. Many people that aren't dyslexic can also have moments where they switch sounds out of their correct pattern which suggests to researchers that perhaps it's something that can be corrected in everyone.

Whatever the cause may be, there is absolutely no doubt that dyslexia leads to many literacy problems within individuals and an insensitivity to sounds within a word, which in time will lead to problems with reading and reading comprehension. We also know that the causes of dyslexia can greatly vary from person to person which can make treatment a bit more difficult.

Estimates of the inclusion of dyslexia vary immensely from 4-10% of the population. It is believed to be four times more prevalent in males than females. Statistics in this area have been difficult to gather with great accuracy due to people not willing to admit to having a dyslexic problem.

## What Are The Symptoms Of Adults Who May Have Unidentified Dyslexia?

## What Is The Connection Between Colour And Dyslexia?



Dyslexia can present itself in many, many ways and it's more than likely that all the following symptoms will not present themselves within one individual. However use this to see what ones may apply.

A difference between academic achievement and real-life performance in practical problem-solving and verbal skills.

Taking an inordinate amount of time to reading a book and finishing it.

Missing endings of words in reading and spelling.

Poor presentation of written work, such as poor spelling and punctuation.

Not being able to think what to write.

Reluctance to write things down, such as messages.

Confusing telephone messages.

Difficulty with note-taking.

Difficulty in following what others are saying.

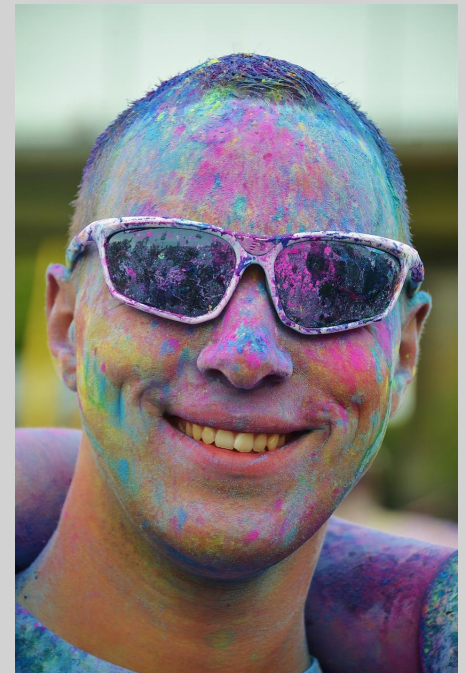
Difficulty with sequences or verbal patterns.

Reversing figures or letters or leaving words out.

Problems with time management.

Trouble with remembering tables.

Difficulty with mental math.



## Colour And Dyslexia

Studies have shown that there is a connection between color and dyslexia in that using a pastel background instead of a white one can help the dyslexic define the words better. Dyslexia is a learning disability that makes reading, writing and spelling difficult. Different colors are preferred by different people so the background and text colors should be user defined. The reason why the connection between color and dyslexia exists and how the change in color helps is not known.



# Understanding Dyslexia And The Impact That It Has

Here are some tips to help with Dyslexia and the use of Colours and they way they to organise:

**Code colouring** - Colour code everything. If you need to organise your computer disks, colour code them by the project or by the class they are for. Make labels with the colour and name and place them on the disk, whether its a CD or zip or floppy. This helps to remember where things are and saves time looking through every disk.

**Highlighters** - When reading books, read with several highlighters close by. That way when one 'disappears' you can continue. Almost every book you own should be 'highlighted' to some degree.

**Coloured paper** - If you only have a mild form of dyslexia, but enough to make life difficult. Using coloured sheets of paper really helps some to read.



**Red and blue** - If you have major left right issues and you are ambidextrous which just makes life all the more confusing wear a Red sock on your right foot and a blue one on your left. When a direction is addressed this way it will be easier for you to know which is left and which is right.

**Coloured pens** - When you study, use different coloured pens to focus your attention to important points that you need to know.

**Use a coloured report cover** - Use them over pages in a book. You can use blue and therefore the words are black and the background is blue. It can be very helpful when you read.

If you are experiencing a glare from words printed on a white page, or seeing the words go fuzzy without your blue transparent plastic cover, you may have Scotopic Sensitivity Syndrome (Irlen Syndrome) and could benefit from tinted lenses.

The use of colour for dyslexics is not a cure but rather a treatment and it does not help all dyslexics. It is thought that 60% of dyslexics suffer from visual stress. There is a test called Lucid ViSS which identifies visual stress that makes reading difficult.

The use of coloured pages, coloured glasses or using a coloured filter are ways of treating dyslexia with colour.



## How Do I Know That I Am Dyslexic

Whether in work or college the best way to determine whether you are dyslexic or not is to obtain a formal assessment or test from your doctor. Here are a few reasons to get tested and the advantages of an assessment:

- \* It may reveal difficulties which can be overcome with the proper training or strategy outlined.
- \* It may help to clarify the reasons behind such difficulties with written work so that appropriate strategies can be developed for your personal use.
- \* It puts any difficulties into perspective and can also identify areas of strength that you may have.
- \* It can help admissions tutors or potential employers to judge a person's suitability for a particular course or job.
- \* It can help to secure additional grants to pay for extra training or for equipment (e.g. computers) which might be needed.
- \* It may reveal that extra time would be appropriate for some examinations in order to compensate for being dyslexic.
- \* There are two types of tests for dyslexia: screening tests and comprehensive tests.

### SCREENING TESTS:

These tests are designed to be used on very large numbers of people, to narrow down the group who might need a more thorough test for possible dyslexia. The purpose of this is to make certain that no one that doesn't fit the necessary criteria for dyslexia aren't tested over and over again.

They are not tests for dyslexia, but are designed to help researchers focus on people who appear to be having difficulties with their studies, work or other daily activities and who might be dyslexic.

Typically, these tests consist of a short list of questions, such as:

Do you have difficulties with spelling?

Do you find directions confusing?

Were you reluctant to go to school?

Do you have problems with maths?

Students, in particular, selected by this method could be having problems with their learning for any number of reasons - emotional problems, Attention Deficit (ADHD), delayed learning, autism, dysphasia, and possible dyslexia.

Screening tests like these cannot be seen as valid tests for dyslexia, but they are very helpful for researchers. As dyslexia is still in a stage where vast amounts of research are still needed in order to fully understand what causes and what are the most effective treatments for it.