

For more information or free advice and guidance contact:



Phone: 01872 222 911

Helpline: 01872 274 827

[enquiries@dyslexiacornwall.org.uk](mailto:enquiries@dyslexiacornwall.org.uk)

[www.dyslexiacornwall.org.uk](http://www.dyslexiacornwall.org.uk)

Charity No: 1165690

## Information for Adults



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# What is Dyslexia?

The aim of this leaflet is to provide useful information and suggestions of what you can do if you suspect you are dyslexic.

The word 'dyslexia' comes from the Greek meaning 'difficulty with words' and is a difference in the way the brain processes language.

Dyslexia varies in different people, but can mean **difficulties** with:

- Reading
- Spelling
- Writing
- Organisational skills
- Short-term memory
- Numeracy Skills

Dyslexia tends to run in families and is NOT related to intelligence or to a person's background.

However, along with the difficulties, real **strengths** can be identified, including:

- Problem solving skills
- Enhanced creativity
- Strong visual thinking
- Intuitive
- Verbally articulate
- Spatially talented

People with dyslexia do not all have the same way of thinking, but there are common patterns.

Dyslexia is sometimes diagnosed in children soon after they start school. But quite often it is not recognised until much later in life.

There is no cure for dyslexia. With the right kind of support, dyslexics can overcome their difficulties and achieve great things.



# Getting Help...

It is estimated that at least 10 - 20% of the population are affected by dyslexia; with 4% being severely affected.

Dyslexia Cornwall receives many calls from people who are suspect they may be dyslexic. They have often gone through life being told they are 'stupid' or 'lazy' by friends, family, schools and employers. When given the right advice and support people with dyslexia can reach their full potential.

If you suspect you may be dyslexic:

- Develop an awareness of your strengths and difficulties. Dyslexia is not only about literacy but also affects the memory, speed of processing information, time management and organisation skills.
- Discuss your concerns with a dyslexia adviser.
- Request a dyslexia screening to identify strategies to support you in your day to day activities.
- Request a visual stress assessment. Coloured overlays or tinted lenses may help your ease and speed of reading.
- If your problems continue to cause you concern you may benefit from a dyslexia assessment to fully assess your level of difficulty.
- Discuss your support needs with your employer. Employers, under the duty of the Equality Act (2010), need to make '**reasonable adjustments**' if an employee discloses that they are dyslexic.



# Useful Resources and Contacts

## Assistive Technology

Assistive technologies can help with everyday literacy and organisation tasks. They include software you install on an electronic device or a specialised hardware device. Many software companies will provide free trials online, so you can try out a program before you buy it.

For more information

<https://bdatech.org/>

## Library Membership

For dyslexics, the library service offers free services including loans of audio books, CDs and DVDs and free reservations. They also offer reduced fines and extra free time using library computers.



## BT Free Directory Enquiries

BT service for anyone who is unable to use a telephone directory easily and it is available to diagnosed dyslexics. Call Free **0800 587 0195** for details.

## The British Dyslexia Association

Many useful information sheets and the website has the facility to read out text.

**National Helpline: 0333 405 4567**

[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

## Dyslexia Action

Information about dyslexia, teaching qualifications and courses, resources and other useful information.

**Telephone: 01784 22 23 04**

[www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk)

## Disabled Students Allowance

Full-time and part-time students (studying at least 50% of a full time degree course) and post graduate students are now eligible for Disabled Students Allowance.

Anyone claiming DSA must have a dyslexia assessment to diagnose their dyslexia.

For further information contact GOV.UK by using the following link <https://www.gov.uk/disabled-students-allowances-dsas/overview>

## Access to Work

Access to Work gives practical advice and support to disabled people in the workplace. It is provided where someone needs support or adaptations beyond the reasonable adjustments which an employer is legally obliged to provide under the Equality Act (2010). Dyslexia is recognised as a disability under The Equalities Act 2010.

A dyslexia screening or assessment can be used as evidence for a claim to Access to Work.

For more information **Telephone:**

**0800 121 7479** or

[www.gov.uk/access-to-work](http://www.gov.uk/access-to-work)



For a full list useful resources and contacts visit  
[www.dyslexiacornwall.org.uk](http://www.dyslexiacornwall.org.uk)

# How we can help...



Dyslexia Cornwall offers access to a range of services that can help you in your day to day activities.

## Information and Advice Services

We offer a FREE confidential information and advice service.

Our information and advice services are carried out by our highly experienced dyslexia advisers.

## Dyslexia Helpline

We offer a confidential telephone Helpline service which provides information and advice on dyslexia and related subjects.

Our Helpline is run by volunteers who are experienced and qualified dyslexia advisers.

This is a FREE service.

Our Helpline is sometimes very busy. If you get no reply, please leave a message on the answerphone.

Helpline: **01872 27 48 27**



## Dyslexia Screening

Dyslexia screenings give an indication as to whether you are likely to be dyslexic. **Dyslexia screenings cannot diagnose dyslexia.**

We provide a free signposting service to organisations offering dyslexia screenings. They take up to 60 minutes to complete.

## Dyslexia Assessments

Assessments involve a series of tests to determine whether you are dyslexic or have other specific learning difficulties. **Dyslexia assessments can diagnose dyslexia.**

We provide a free signposting service to organisations offering dyslexia assessments.

The assessments should be carried out by fully qualified assessors registered with the Professional Association of Teachers of Students with Specific Learning Difficulties (PATOSS) or British Psychological Society.

The assessments can take up to 4 hours to complete.

## Visual Stress Assessment

Visual stress assessments help to identify if coloured lenses or overlays can improve your ease and speed of reading.

We provide a free signposting service to opticians who offer visual stress assessments.



## Mentoring Support

We can signpost to specialist one to one mentoring services that are tailored to the needs of the individual. Mentoring is carried out by experienced dyslexia specialists registered with Professional Association of Teachers of Students with Specific Learning Difficulties (PATOSS).

For a full list of services and charges visit  
[www.dyslexiacornwall.org.uk](http://www.dyslexiacornwall.org.uk)