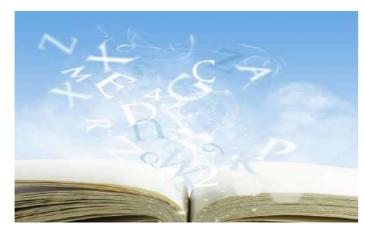






### **DYSLEXIA - Simple Solutions**



Dyslexia is a difference in the part the brain which processes language which present as problems with reading, writing, organisational and short-term memory difficulties. But along with the difficulties can be found real strengths, including problem solving skills and enhanced creativity.

This leaflet highlights simple solutions to help people with dyslexia to cope with everyday activities.

#### **Dyslexia Cornwall**

Phone: 07716 639374 Helpline: 07716 639375

enquiries@dyslexiacornwall.org.uk

helpline@dyslexiacornwall.org.uk

www.dyslexiacornwall.org.uk

#### Reading

Dyslexia-friendly text (for example coloured font in Comic Sans 14)

Pastel-coloured, matt paper (cream is good)

Well-spaced text

**Pictures** 

Plain English

Essential text only

Reading pens

Reading buddy

Minimal boxes/columns/lines

Assistive software – text to speech

Anti-glare filters for computer screens

Voice mail instead of written memos

Circulate notes by email before meetings

Colour-coded documents

#### **Numbers**

Talking calculator Ready reckoners



MAPPING

#### Writing, spelling and note taking

Proof reading buddy

Personal dictionary of problematic words

Assistive software - voice recognition,

Spellcheckers

Typing

Quiet work space

Extra time

Scribe

**Templates** 

Dictaphone

Mind mapping



#### **Directional**

Satellite navigation

Maps/written directions

Colour-coded corridors in large buildings

Dummy runs and sufficient time

Public transport

Chaperones, until route known

Compass!



# Memory, organisation and time management

**Mnemonics** 

Note pad

Smartphone for recording reminders, diary, calendar

Diary, calendar

Text reminders

Alarm watch

Post-its

**Routines** 

Daily/weekly tasks



## Concentration and slow processing

Quiet work space

Do not disturb sign

Plants/screening to absorb noise

Information in short chunks

Mix audio and visual media in presentations

Verbal and written instructions

Check instructions are understood

Regular breaks for fresh air/movement

