

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

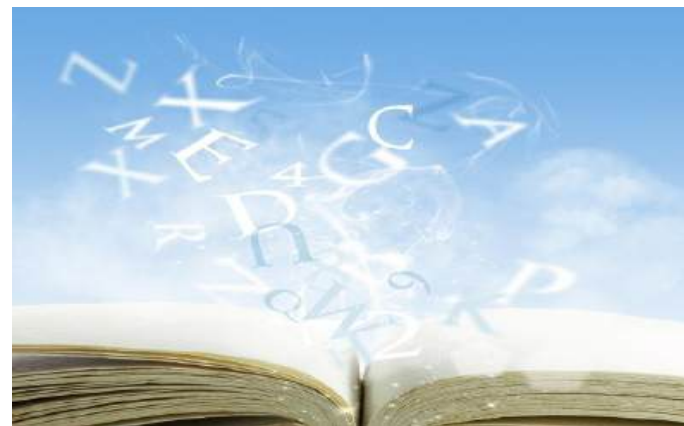
Check instructions are understood

Regular breaks for fresh air/movement



www.dyslexiacornwall.org.uk

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.

Get in touch:

Enquiries: 07716 639374

Helpline: 07716 639375

enquiries@dyslexiacornwall.org.uk

helpline@dyslexiacornwall.org.uk



Reading

Dyslexia-friendly text (for example coloured font in Century Gothic or Comic Sans, minimum font size 12)

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



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!

