

For more information or free advice and guidance contact:



Phone: 07716 639374

Helpline: 07716 639375

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

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

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

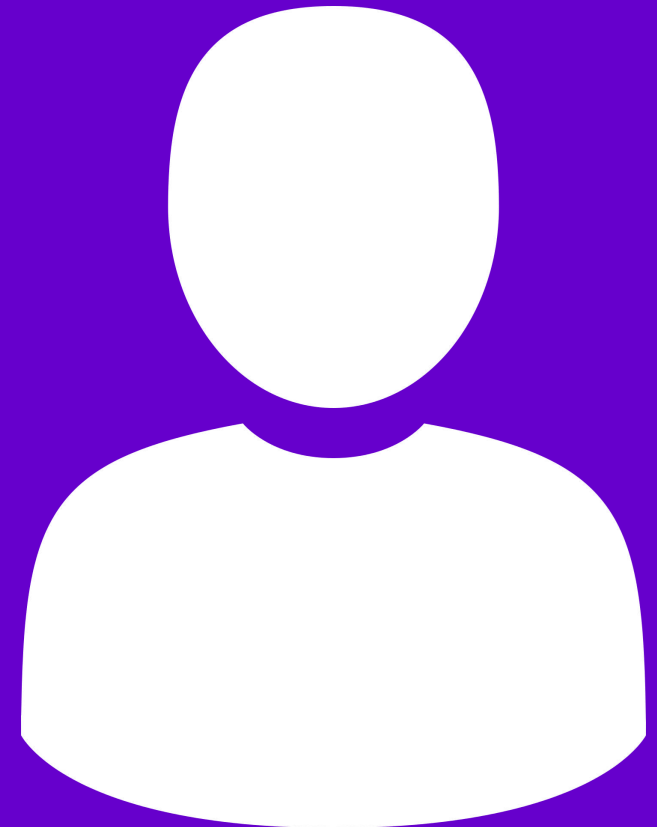
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## Information for Adults



April 2025

# 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.



## Dyslexia Assessments

Dyslexia 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 who offer Dyslexia assessments. The assessment should be carried out by a fully qualified assessor 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.

## Tuition and Mentoring Support

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

## Neurodiversity and visual difficulties

Some people experience visual discomfort or disturbance when they read. Anyone who experiences such difficulties associated with reading should consult a registered optometrist for a full assessment of eye health and visual function. For more information see our leaflet Neurodiversity and Visual Difficulties

<https://www.dyslexiacornwall.org.uk/resources-information-leaflets/>

Or visit: <https://www.bdadyslexia.org.uk/dyslexia/neurodiversity-and-co-occurring-differences/visual-difficulties>

**For a full list of services and charges 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 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: **07716 639375**

## 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. A screening can take up to 60 minutes to complete.



# 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 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.
- 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 or apps 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 [www.bdatech.org](http://www.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 4054567**    [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 00**    [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 [www.gov.uk/disabled-students-allowances-dsas/overview](http://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 1217479** or

<https://www.gov.uk/access-to-work>



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