Dyslexia

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Symptoms

- Difficulty learning to read, spelling, and decoding text.
- Trouble hearing or manipulating sounds in words.
- Challenges with sequencing, directions, and memory.

Age & Gender

- Often identified in primary school when children begin to learn to read and write.
- Historically diagnosed more in males, but current research suggests it affects all genders equally.

Misconceptions

- Dyslexia is a language processing difference, not a visual problem (seeing letters backwards).
- It has absolutely no connection to low intelligence or laziness.

Diagnosis

- Carried out by a specialist assessor or an Educational Psychologist.
- Assessments test memory, speed, and the ability to process word sounds.

Support options

- Assistive technology like text-to-speech software, screen readers, or coloured overlays.
- Structured, multisensory teaching methods help improve literacy skills.

Support

- Use plain, sans-serif fonts and pastel backgrounds, not bright white.
- Give verbal cues or diagrams rather than long text.
- Allow extra time for reading and processing.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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