

## What is Dyslexia?

Literally translated the term dyslexia means 'difficulty with words'. There are many different varieties and levels of dyslexia or specific learning difficulties. It is not known what the causes of dyslexia are but it would appear that the brains of dyslexics process information differently. Dyslexia is best described as a combination of abilities and difficulties that affect the learning process in one or more of the following areas; reading, writing and spelling. Dyslexic people are often artistically inclined.

## What are the signs of Dyslexia?

- Difficulty in reading/writing/spelling
- Difficulty remembering tables/alphabet
- Problems with letters/figures in the wrong order or leaving letters out completely
- Having problems understanding what s/he has read
- Difficulty telling left from right
- Needs instructions repeated, poor memory
- Takes a long time to process information
- Difficulties with spoken language
- Difficulties with motor skills and co-ordination

## Adult Dyslexia Checklist

- Do you find difficulty in telling left from right?
- Is map reading or finding your way to a strange place confusing?
- Do you dislike reading aloud?
- Do you take longer than you should to read a page in a book?
- Do you find it difficult to make sense of what you have read?
- Do you dislike reading long books?
- Is your spelling poor?
- Is your writing difficult to read?
- Do you get confused if you have to speak in public?
- Do you find it difficult to take messages on the telephone?

- When you have to say a long word, do you sometimes find it difficult to get all the sounds in the right order?
- Do you find it difficult to do sums in your head without using your fingers or paper?
- When using the telephone do you tend to get the numbers mixed when you dial?
- Do you find it difficult to say the months of the year forwards in a fluent matter?
- Do you find it difficult to say the months of the year backwards?
- Do you mix up dates and miss appointments?
- When writing cheques, do you frequently find yourself making mistakes?
- Do you find forms difficult and confusing?
- Do you mix up bus numbers like 95 and 59?
- Did you find it hard to learn your multiplication tables at school?

### Dyslexia Action

Park House  
Wick Road  
Egham  
Surrey  
TW20 0HH  
Tel: 01784 222 300

### British Dyslexia Association

Unit 8  
Bracknell Beeches  
Old Bracknell Lane  
Bracknell  
RG12 7BW  
Tel: 0845 251 9003

We can help with:

- Transparent overlays in various colours to assist reading text
- Help in finding books on the shelves
- We have many books and videos on the subject of Dyslexia
- Computer software can help with Dyslexia, these are available on designated computers, they include:
  - **Read and Write Gold 8** - Powerful tool to assist in all aspects of English literacy.
  - **Inspiration 8** - helps to organise & create clear essays & reports.



## Useful Websites

### Dyslexia Online

<http://www.dyslexiaonline.com>

### The International Dyslexia Association

<http://www.interdys.org>

### Dyslexia Action (Previously Dyslexia Institute)

<http://www.dyslexiaaction.org.uk>

### British Dyslexia Association

<http://bdadyslexia.org.uk>

### Further help in the Library

If you need help in the Library contact:

Lisa Croft	01204903092	<a href="mailto:L.Croft@bolton.ac.uk">L.Croft@bolton.ac.uk</a>
Denise Mercer	01204903264	<a href="mailto:D.Mercer@bolton.ac.uk">D.Mercer@bolton.ac.uk</a>

### Support in the University of Bolton

If you require any advice regarding Dyslexia or other disability issues please contact the Disability Service:

Phone: 01204 903478

E-mail: [disabilityinfo@bolton.ac.uk](mailto:disabilityinfo@bolton.ac.uk)

Website: <http://www.bolton.ac.uk/disability>

### Support may include provision of:

- Note taker
- Dyslexia Support Tutor
- Reader

## The Library

# *Dyslexia* *awareness*

