

What is Dyslexia

The logo for 'ND Matters' features two overlapping circles. The left circle is a rainbow gradient from red to purple, and the right circle is a rainbow gradient from blue to green. The text 'ND Matters' is written in a bold, black, sans-serif font across the center of the circles. Below it, the tagline 'Embracing Neurodiversity' is written in a smaller, black, sans-serif font.

ND Matters
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What is Dyslexia



Introduction

Dyslexia is a neurological difference that is characterised by difficulties in phonological awareness, verbal memory, and verbal processing speed. Some people with dyslexia experience visual and auditory processing difficulties.

The way that dyslexia affects memory is through information processing and comprehension. Comprehension means the ability to infer information from words. One way that people with dyslexia struggle with comprehension is through something called word skipping. Word skipping means reading words and not recognising what the word says. Other ways word skipping happens is through missing words out of texts or skipping whole lines of text or parts of individual words this makes reading hard for people with dyslexia.

Dyslexia is not something to be 'fixed' or 'cured' it is a neurological difference. Being dyslexic doesn't make you lazy or uneducated. Rather than shaming people for taking longer due to their dyslexia, try to allow the time for people to learn in their own way.

This resource looks at common misconceptions, learning & why a diagnosis is important.



What is Dyslexia

Common misconceptions



There are misconceptions that dyslexia just affects a person's ability to read and write, however dyslexia also can influence areas such as coordination, organisation, and memory. The way Dyslexia affects a person's memory is the comprehension and retention of information, this can make remembering lists or tasks hard to follow.

Some people think that dyslexia is a scale when it's actually a spectrum. Everybody with dyslexia has different difficulties. Some people may find it harder for them in one area than another this is why it's a spectrum.

Dyslexia doesn't have an impact on a person's intelligence level. A lot of people with dyslexia are more creative & are great at problem solving, this is due to their ability to think differently to others, and this is a big skill.



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Learning



Individuals who are Dyslexic may struggle with reading, spelling, comprehension, memory, and literacy.

Some people find coloured overlays or coloured pages helpful when reading coloured overlays aren't subject to dyslexia as there is no proven scientific link between the help of this as an aid for dyslexia. However a very commonality with dyslexia is visual disturbance, this is seeing letters move or be back to front. So, some dyslexic people may find this helpful some may not.

Things like giving people who are dyslexic more time, an option of auditory text, coloured overlays and/or a scribe in exams or big texts is a great way to be inclusive to the needs of dyslexic people.



What is Dyslexia

Why diagnosis is important



A dyslexia diagnosis is essential for people to get the help they need not only as a child but also as an adult. Dyslexia is not only a thing that children are impacted by some difficulties that a dyslexic adult may face is access to employment due to the barriers of employers and the written demands of some jobs as well as access to higher education.

A diagnosis is crucial as it means people get the right help and support, but also protection in employment and university. Another reason is the importance of identifying challenges that a person may have and finding ways to support individuals with dyslexia in our very literacy-based society.

There is a high level of co-occurring mental health difficulties that are common for people with dyslexia due to the constant striving to reach peers. Many other factors such as bullying, social exclusion and low self-esteem are often present too. This is the case due to the stigma that dyslexic people are lazy, when in fact this is far from the truth. Dyslexic people work so incredibly hard and shouldn't be deemed lazy for struggling with literacy.