

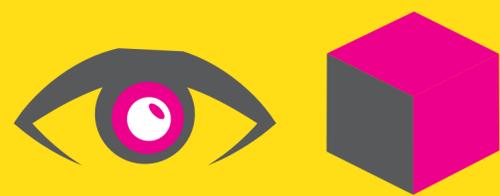
# How to recognise dyslexia in adults

Dyslexia is an extremely varied condition and no two dyslexic people will have the same set of characteristics. Many will have had a range of unhappy experiences during their school and work lives to date, but the good news is that there is support available.

## Some common signs:

### Reluctant to read or write in public

If they do, they often miss out the small joining words



Often have excellent spatial, visual, 3-D skills



Difficulty remembering verbal instructions, or directions

Often have difficulties:

Reading  
Writing

S-P-E-L-L-I-N-G



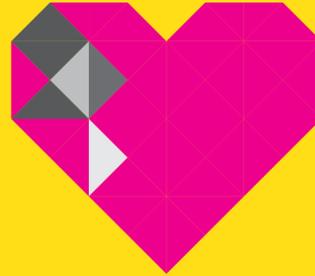
May confuse left and right hand sides but many are ambidextrous

Will often take a long time to complete tasks – even though they may be trying really hard



Often struggle with time management or organisation skills

Often intuitive, very empathetic and able to sense other people's moods and energy



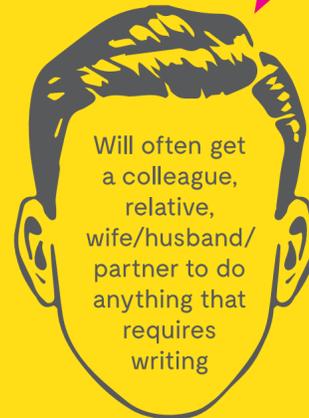
Prefer face-to-face meetings and phone calls rather than written text



Excellent long-term memory but short-term memory may be limited

Reluctant to go on training courses and participate in meetings

Often impatient with formal meetings and can regularly jump straight to an answer of a complex problem



Will often get a colleague, relative, wife/husband/partner to do anything that requires writing

May use an excuse such as "I don't have my glasses with me"

Most will have left school early



Will often struggle in open plan offices and are easily distracted



Low self-esteem as a result of negative experiences in traditional learning situations



Will shy away from seeking/accepting promotions. Do not want to accept positions where reading/writing are a key element

## What next?

No one dyslexic person will exhibit all of the features above. If one shows 6 – 7 of these characteristics, it is a sign that further investigation should be considered.

### Getting a screening or diagnosis to confirm dyslexia.

- Contact your learning support department to see if they can administer the Lucid LADS Plus screening tool.
- Visit [gsdyslexiatest.com](http://gsdyslexiatest.com) for an online screening tool called Quickscreen.
- Investigate as to whether your organisation has purchased and is able to administer the personalized Pearson DAST screening tool.
- Both individuals or organisations can contact their local SPELD NZ branch. SPELD specializes in helping people with dyslexia and those around them.

• Some educational psychologists can administer a full assessment tool at a cost of approx. \$700.

### Professional development for supporting learners with dyslexia

- We have workshops available nationwide for those who need development to better support learners with dyslexia. Visit [ako.ac.nz/professional-learning](http://ako.ac.nz/professional-learning) for all upcoming courses.

### Research

- This resource was developed as part of project called 'Evaluating the effectiveness of support interventions for dyslexic learners in multiple learning environments'. To read to full research report, visit [ako.ac.nz](http://ako.ac.nz)
- For a wide range of research, resources and workshops on this topic visit [ako.ac.nz](http://ako.ac.nz)