

# WHAT IS DYSLEXIA?

Dyslexia is a learning disorder and is also called a reading disability. It typically involves difficulty with reading due to problems with identifying speech sounds and learning how they relate to letters and words.

It is not due to any problems with motivation, hearing, vision, intelligence but is a result of individual differences in areas of the brain that process language.

Typical symptoms:

- Difficulty reading
- Reading and writing requiring a lot of effort
- Problems with spelling
- Mispronouncing names and words
- Problems retrieving the correct word from memory
- Difficulties with summarizing a story
- Maths word problems can be challenging

There may be some co-occurring difficulties with motor co-ordination, mental calculation, concentration and organisation, and individuals with dyslexia and a higher chance of also being diagnosed with ADHD (Attention Deficit Hyperactivity Disorder)

Individuals with dyslexia have many strengths, including:

- Creative skills
- Particularly good problem solvers
- Strong oral skills
- Particularly good with logic and reasoning
- Able to see the bigger picture
- 3-Dimensional thinking
- High emotional intelligence and empathy

For many individuals, dyslexia goes undiagnosed for many years even when issues were identified early on at school or college and accommodations were made. Adjustments at work can still be made and help support individuals with dyslexia with the understanding that different individuals may need different and unique supports.

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Telephone: 0114 384 0284 Email: [employmentsupport@autismplus.co.uk](mailto:employmentsupport@autismplus.co.uk)