



Dyslexia

It is estimated that 1 in 10 people have dyslexia. Dyslexia exists in all cultures and across a range of abilities and backgrounds. Dyslexia often runs in the family. There is no 'cure' but lots of practical things can help overcome some of the barriers it presents. Dyslexia is a learning 'difference', which means that the brain can approach things in a different way to other people. Dyslexia can affect the way people communicate and is different for everyone. It is not just about reading and writing, and it has nothing to do with intelligence. Dyslexia is classed as a disability under the Equality Act. (Dyslexia Scotland)

General Information

- What is Dyslexia? Video from British Dyslexia Association (bdadyslexia.org.uk)
<https://www.bdadyslexia.org.uk/dyslexia/about-dyslexia/what-is-dyslexia>
- Explanation of Dyslexia. Dyslexia Scotland Leaflets | Dyslexia Scotland
<https://dyslexiascotland.org.uk/leaflets/>
- Information about Dyslexia. What is Dyslexia | Addressing Dyslexia
<https://addressingdyslexia.org/what-is-dyslexia/>

Assessment

- Assessment for Adults. Leaflets | Dyslexia Scotland
<https://dyslexiascotland.org.uk/leaflets/>
- How is dyslexia diagnosed? - British Dyslexia Association (bdadyslexia.org.uk)
<https://www.bdadyslexia.org.uk/dyslexia/how-is-dyslexia-diagnosed>

Post-Assessment

- Post-Assessment pack for Adults. Dyslexia Scotland
<https://dyslexiascotland.org.uk/post-assessment-pack-for-adults/>

Online Learning

- Online training course to increase knowledge and confidence: Community Learning and development, Teachers, Career Educators, Parents. Online learning | Dyslexia Scotland
<https://dyslexiascotland.org.uk/online-learning/>
- Free Open University Online Learning Modules about Dyslexia | Addressing Dyslexia
<https://addressingdyslexia.org/professional-development/free-online-learning-modules/>

Support in Education

- Additional support for learning - Schools - gov.scot
<https://www.gov.scot/policies/schools/additional-support-for-learning/>
- Support in Education. British Dyslexia Association
<https://www.bdadyslexia.org.uk/advice/adults/in-education>

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Support at work

- How to apply for an Workplace Needs Assessment - British Dyslexia Association
<https://www.bdadyslexia.org.uk/services/assessments/workplace-needs-assessment/application-information-1>
- Working Health Services. Specialist healthcare support to help you remain at work. T: 01315379579
<https://services.nhsllothian.scot/lothianworksupportservices/working-health-services/>

Support/ Adult Network

- Link to **Dyslexic adult network** run by Dyslexia Scotland.
<https://www.eventbrite.co.uk/cc/dyslexic-adult-networks-141579>
- **Dyslexia Helpline**. Monday-Thursday 10.00-4.30, Friday 10.00-4.00 on T: 0344 800 8484 or helpline@dyslexiascotland.org.uk
- **Dyslexia Scotland**. Contact Main office: T: 01786 446650. Email: info@dyslexiascotland.org.uk
- **British Dyslexia Association** Helpline: T: 0333 405 4567 on Tuesdays and Wednesdays 10.00am to 1.00pm and Thursdays 1.00pm to 5.00pm. Email your enquiries to: helpline@bdadyslexia.org.uk or through direct message from their Facebook and Instagram.

Podcast

- Let's Talk Dyslexia. Podcast | Dyslexia Scotland
<https://dyslexiascotland.org.uk/podcast/>