



DYSLEXIA CHECKLISTS

Please note that dyslexia is a complex specific learning difficulty and the below only highlights some of the most common traits. The only way to know definitively is through a diagnostic assessment.

Dyslexia Checklist for Adults

- 1 Do you read slowly?
- 2 Did you have trouble learning how to read/spell when you were in school?
- 3 Do you often have to read something two or three times before it makes sense?
- 4 Do you add/omit words when you are reading?
- 5 Do you struggle to maintain your concentration?
- 6 Do you find you have spelling errors in your written work or find note taking difficult?
- 7 Do you find it easier to pick up the phone and talk to someone rather than send them an email?
- 8 Do reading and writing tasks take you longer to complete compared to others?
- 9 Are there concerns regarding your productivity or organisational skills?
- 10 Do you find it difficult to follow lengthy instructions/remember information?

If you answer “yes” to 5 or more of these questions, this may be an indication of dyslexia. Contact me to discuss how I can support you, the assessment process and how it can help you to unleash your true potential.



Dyslexia Checklist for Children

- 1 Does your child have difficulty with phonics (letter sounds)?
- 2 Is your child's reading slow and effortful?
- 3 Is your child's reading or spelling below the expected level for their age?
- 4 Does he/she add/omit words or even skip lines when reading?
- 5 Does your child struggle to maintain concentration?
- 6 Is his/her handwriting erratic?
- 7 Does your child become emotional or frustrated completing homework tasks?
- 8 Is your child bright – but their work often doesn't reflect this?
- 9 Does your child have difficulty with copying tasks (e.g. copying information from the board)?
- 10 Are you concerned about your child's ability to retain and follow instructions?

If you answer “yes” to 5 or more of these questions, this may be an indication of dyslexia. Contact me to discuss how I can support your child, the assessment process and how it can help them to unleash their true potential.