The Scottish definition of dyslexia has been developed by the Scottish Government, Dyslexia Scotland and the Cross Party Group on Dyslexia in the Scottish Parliament.

“Dyslexia can be described as a continuum of difficulties in learning to read, write and/or spell, which persist despite the provision of appropriate learning opportunities. These difficulties often do not reflect an individual’s cognitive abilities and may not be typical of performance in other areas. The impact of Dyslexia as a barrier to learning varies in degree according to the learning and teaching environment, as there are often associated difficulties”. (The full definition is available on our website).

### What is Dyslexia?

#### Strengths associated with Dyslexia

- Can be very creative and enjoy practical tasks.
- Strong visual thinking skills e.g. see/think in 3D, visualise a structure from plans.
- Good verbal skills and good social interaction.
- Good at problem solving, thinking outside the box, seeing the whole picture.

#### Weaknesses associated with Dyslexia

- Problems with reading, taking notes, remembering numbers, names and details.
- Difficulty with time keeping, managing time, organising work etc.
- Problems with written work e.g. spelling and writing.
- Short-term memory problems, sequencing difficulties e.g. following /giving instructions, directions.

These are possible indications and appropriate assessment should be sought if there is any doubt.
Support should take account of the learning styles and individual needs of learners. Sometimes asking the person with dyslexia to suggest solutions to problems can produce simple but effective results.

- Early identification and provision of appropriate support as soon as possible
- Identification of the person’s learning style
- Use of multi-sensory activities to build on strengths
- Small group (or one-to-one) help for reading/writing activities
- Use of mnemonics, mind-mapping and concrete aids
- Support for organisational skills e.g. checklists, flow charts
- Use of visualisation and singing to aid memory
- Patience, understanding and encouragement at all times

Looking for more information?

- **Dyslexia (Special Educational Needs)** by Dr. Gavin Reid
- **Dyslexia: A Beginner’s Guide** by Nicola Brunswick
- **Dyslexia: A Teenager’s Guide** by Sylvia Moody
- **In the Mind’s Eye** by Thomas G West
- **Dyslexia and Us: A Collection of Personal Stories** by Dyslexia Scotland
- [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk) - On the members’ section you can get access to;
  - Dyslexia Scotland’s Primary School Pack (a pack of 8 booklets)
  - Dyslexia Scotland’s Secondary School Pack (a pack of 20 booklets)

The Online Addressing Dyslexia Toolkit can be accessed free in the Educators’ section of the website.

- [www.dyslexic.com](http://www.dyslexic.com)
- [www.assist-it.org.uk](http://www.assist-it.org.uk)
- [www.callscotland.org.uk](http://www.callscotland.org.uk)

Dyslexia Scotland has additional leaflets, including:

- Information for Parents
- Information for Adults
- Information for Teachers
- How Teachers can Help
- Information on Visual Issues
- Ideas for Dyslexia Friendly Formats

These leaflets are available on our website, at branch meetings or by contacting the helpline on the contact details below.

www.dyslexiascotland.org.uk    helpline@dyslexiascotland.org.uk    0844 800 84 84

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