

Dyslexia factsheet



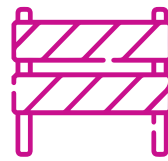
Dyslexia is a lifelong, genetic, neurological Specific Learning Difficulty (SpLD) that mainly affects accurate and fluent word reading and spelling. It affects people of all genders, ethnicities, and social groups, and its impact can range from mild to severe.



Although there are common traits, dyslexia affects everyone differently. Each person has a unique profile of strengths and challenges. It often co-occurs with other specific learning difficulties such as dyscalculia or dyspraxia/DCD.



It is considered a specific learning difference because it affects particular areas of learning and is not linked to intellectual ability.



Dyslexia can create daily challenges in education, work, and life. Many people struggle in systems that don't recognise or value their differences and this can lead to shame and low confidence, and can limit opportunities and life choices.



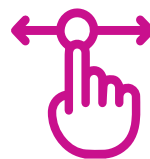
Early indicators can include slower speech and language development, but dyslexia is usually noticed when a child struggles with literacy. A formal diagnosis is not required for support to be provided in school.



A diagnosis can be made by a Specialist Teacher Assessor or an HCPC-registered Educational Psychologist, but this is not routine in schools. We strongly recommend choosing an assessor with an Assessor Practice Certificate (APC). Cost can be a barrier, and many people with dyslexia are never formally diagnosed.



Dyslexia is a hidden disability. It's less visible than anxiety, depression, or physical disabilities. It mainly affects reading and writing, but it can also impact how someone processes information and uses working memory, making it harder to retain and recall information quickly.



Simple, individual adjustments in education and the workplace can make a significant difference to the lives of dyslexic people.



In adults, difficulties with reading, writing, and spelling are often masked by coping strategies. These tasks usually take more time and effort, and the impact can go unnoticed. Some people may avoid them where possible.

You can read the Delphi definition of dyslexia in full by scanning here:

