

Adult Dyslexia Checklist

Name.....

Date.....

The following checklist is a 'conversation starter' and not a formal indicator of dyslexia. Go through the questions carefully and be as honest as you can when answering them.

Please tick **either yes or no to each question**. Do not miss any questions out. If in doubt tick the answer that you feel is true most often.

	Yes	No	Comments (use this space to note any additional information, which may support answers)
1. Do you find reading under pressure difficult?			
2. Do you lose your place when reading?			
3. Do you read and reread the same sentence and get to the end of a paragraph and need to read it again?			
4. When you read does the writing move about or seem blurred?			
5. Do you sometimes mispronounce words and try to avoid saying them?			
6. If you must write for a long time, does your hand hurt?			

7. Do you find it difficult organising your thoughts and getting them down on paper?			
8. Did you find it difficult to learn your timetables at school?			
9. Do you mix up left and right and need to use a strategy to remember?			
10. Do you find it hard to stay still and maintain concentration for a while and often feel restless?			
11. Do you find it difficult to find new places, use a map or follow directions?			
12. Do you mix up dates and times?			
13. Did you need extra help in school and/or get extra time in exams?			
14. Do verbal instructions sometimes cause confusion?			
15. Do you find you trip over, bump into objects and often drop items?			

Seven or more 'yes' responses on this checklist may be an indicator of challenges. Please do investigate further and contact the British Dyslexia Association for further guidance.