

Signs of Dyslexia in Adults

1. I found learning to read difficult at school.
2. I continue to read slowly.
3. I often need to re-read paragraphs to fully understand what I have read.
4. I avoid reading out loud unless I've been able to practise.
5. I find it difficult to pronounce uncommon multi-syllable words when reading.
6. I often make spelling mistakes, even with standard spell check tools.
7. I often omit, transpose, or add letters when reading or writing.
8. My reading and writing skills are poor in comparison to other adults.
9. I have chosen work projects or courses that don't require extensive reading.
10. I choose to read magazines or newspapers instead of books or novels.
11. I often lose my place when reading.
12. When doing written tasks I find it difficult to organise my thoughts and know where to start.
13. At times I struggle to find the right word to say or write.
14. I sometimes confuse complicated instructions.
15. I often need long messages (or phone numbers) repeated, or I need to write them down immediately.
16. I often make errors when copying things down.
17. My reading and writing difficulties are worse when I am stressed.
18. Other members of my family also experience reading and writing difficulties.
19. There are no other obvious reasons for my difficulty with reading and writing (such as missed schooling or chronic ear infections).

If you identify with many of these signs, this may indicate dyslexia. Visit Code REaD Dyslexia Network for help in your area:

<https://codereadnetwork.org/help-is-here/where-to-go/>

References: International Dyslexia Association, Dyslexia Self-Assessment Tool for Adults, <https://dyslexiaida.org/dyslexia-test/> Dyslexia SPELD Foundation, Dyslexia in Adults <https://dsf.net.au/dyslexia-in-adults/>

Fact sheet:

<https://codereadnetwork.org/wp-content/uploads/2019/04/Tips-for-Managing-Dyslexia-in-the-Workplace.pdf>

Code Read Dyslexia Network Australia

Get in contact with us: info@codereadnetwork.org, PO Box 493, CURTIN ACT 2605, Australia