



Tips and Tricks for Beating Adult Dyslexia

By Remedies4.com

<http://www.remedies4.com>

Chapter 1 – What Is Adult Dyslexia?

Dyslexia has been described as a difficulty in processing information which may be linked to deficiencies in short-term memory and visual coordination. It is an inherent weakness in short-term memory, that is either auditory or visual, which can make it extremely difficult for that person to learn and understand the relation between symbols and spoken sounds. This difficulty allows the person to be unable to correctly speak the correct flow of auditory sounds needed to make a word or sentence sound proper.

The range and severity of the problem of adult dyslexia varies widely between dyslexic people. The main areas of difficulty that occur most often are reading, writing, spelling, numeric, personal organization and time-keeping. However, the degree to which individuals may be affected ranges from mild spelling difficulties to severe organizational problems or complete illiteracy. In all reality there really is no such thing as a typical case of dyslexia.

In some cases people with dyslexia are unaware that they suffer from such a problem whereas others haven't had a confirmed diagnosis until adulthood. Adult dyslexia is difficult to recognize and identify as it's a problem that many people either don't realize they have or they try to hide it. Simple tasks that a person with dyslexia may try to perform may become increasingly more difficult, such as taking down a message, which can lead to frustration and anxiety.

What Causes Adult Dyslexia?

Most research has concentrated on seeking to explain the cause of dyslexia, however this has proved to be somewhat unfruitful. Neurological research suggests that there may be some abnormality in the function of the left side of the brain which controls the speech system, whereas cognitive research in recent years has increasingly focused on problems of phonological awareness (the awareness of the speech sounds within words) and there has been speculation that these problems may be associated with a specific area of the brain.

One thing is conclusive however, it's that the cause of dyslexia does center around an abnormality in the brain that prevents a person from correctly recognizing the right speech pattern. Many people that aren't dyslexic can also have moments where they switch sounds out of their correct pattern which suggests to researchers that perhaps it's something that can be corrected in everyone.

Whatever the cause may be, there is absolutely no doubt that dyslexia leads to many literacy problems within individuals and an insensitivity to sounds within a word, which in time will lead to problems with reading and reading comprehension. We also know that the causes of dyslexia can greatly vary from person to person which can make treatment a bit more difficult.

Estimates of the inclusion of dyslexia vary immensely – from 4-10% of the population. It is believed to be four times more prevalent in males than females. Statistics in this area have been difficult to gather with great accuracy due to people not willing to admit to having a dyslexic problem.

What Are The Symptoms Of Adult Dyslexia?

Dyslexia can present itself in many, many ways and it's more than likely that all the following symptoms will not present themselves within one individual. However use this to see what ones may apply.

- A difference between academic achievement and real-life performance in practical problem-solving and verbal skills.
- Taking an inordinate amount of time to reading a book and finishing it.
- Missing endings of words in reading and spelling.
- Poor presentation of written work, such as poor spelling and punctuation.

- Not being able to think what to write.
- Reluctance to write things down, such as messages.
- Confusing telephone messages.
- Difficulty with note-taking.
- Difficulty in following what others are saying.
- Difficulty with sequences or verbal patterns.
- Reversing figures or letters or leaving words out.
- Problems with time management.
- Trouble with remembering tables.
- Difficulty with mental math.

Again all of these symptoms will not present themselves typically within one individual. However after looking over these symptoms and if you saw that a number of them applied to you then please think about speaking with your doctor on getting a possible diagnosis.

Chapter 2 – What Strengths Do Dyslexic People Have?

Despite difficulties many dyslexic people have risen to prominence in their specialized fields. Albert Einstein and Leonardo da Vinci were probably dyslexic based on reports and the information we have available to us today and Jackie Stewart and Susan Hampshire are just two highly successful present day figures who suffer from dyslexia.

Dyslexic people are often gifted in visually-based skills such as art, sculpture, design, architecture and engineering. Typically we see people that have diminished verbal or language skills or ability have a higher plain of logic and reasoning. They are often creative, original, lateral thinkers that can succeed at very high levels. Often they may offer their own, unusual way to solving a problem. Because having dyslexia may motivate them to succeed they often have a high degree of determination that can help them out in many other aspects of their life or career.

With all of the negative attention that surrounds dyslexia there are numerous people that have overcome the challenge and risen to prominent positions in their respective fields.

There is no reason in the world why you should be any different. All it takes is a desire and will to want to succeed and the effort and patience needed in order to get it done.

Other dyslexic people of note include:

- Tom Cruise
- Isaac Newton
- Richard Branson (founder of Virgin Enterprises)
- Thomas Edison
- Pablo Picasso
- Cher
- Ann Bancroft
- Hans Christian Anderson (author)
- Henry Ford
- River Phoenix (actor)
- Charles Schwab
- Nelson Rockefeller
- Sir Winston Churchill
- George Burns
- Enrico Caruso (opera singer)
- Henry Winkler
- Oliver Reed (actor)
- Harry Belafonte

The list of those with such success that are or were also dyslexic goes on and on and on. This just goes to show you what a little determination and help can do for oneself.

Chapter 3 – How Do I Know That I'm Dyslexic?

Whether in work or college the best way to determine whether you are dyslexic or not is to obtain a formal assessment or test from your doctor. Here are a few reasons to get tested and the advantages of an assessment:

- It may reveal difficulties which can be overcome with the proper training or strategy outlined
 - It may help to clarify the reasons behind such difficulties with written work so that appropriate strategies can be developed for your personal use
 - It puts any difficulties into perspective and can also identify areas of strength that you may have
 - It can help admissions tutors or potential employers to judge a person's suitability for a particular course or job
 - It can help to secure additional grants to pay for extra training or for equipment (e.g. computers) which might be needed
 - It may reveal that extra time would be appropriate for some examinations in order to compensate for being dyslexic
- There are two types of tests for dyslexia: screening tests and comprehensive tests.

Screening tests

These tests are designed to be used on very large numbers of people, to narrow down the group who might need a more thorough test for possible dyslexia. The purpose of this is to make certain that no one that doesn't fit the necessary criteria for dyslexia aren't tested over and over again. They are not tests for dyslexia, but are designed to help researchers focus on people who appear to be having difficulties with their studies, work or other daily activities and who might be dyslexic.

Typically, these tests consist of a short list of questions, such as:

- Do you have difficulties with spelling?
- Do you find directions confusing?
- Were you reluctant to go to school?
- Do you have problems with math?

Students, in particular, selected by this method could be having problems with their learning for any number of reasons - emotional problems, Attention Deficit (ADHD), delayed learning, autism, dysphasia, and possible dyslexia. Screening tests like these cannot be seen as valid tests for dyslexia, but they are very helpful for researchers. As dyslexia is still in a stage where vast amounts of research are still needed in order to fully understand what causes and what are the most effective treatments for it.

Comprehensive tests

Comprehensive tests for Dyslexia look at the whole person and examine the root cause of any learning difficulties. The word 'comprehensive' means 'thorough', and these tests examine which brain functions are interfering with a person's acquisition of normal learning. Tests of reading, spelling, comprehension, and intelligence are given, as well as visual tests, visual scanning tests, sequencing, reversals and other tests of such a nature.

A comprehensive dyslexia test may be administered in two ways, either by a psychologist or at a distance. It is not yet known which method is most effective to use in order to determine the best test available, as such a thing will vary from person to person and really depends on the case.

Comprehensive testing by a psychologist

Psychologists operate either through schools and colleges or privately in a consulting room.

Some colleges have psychologists available if you are a student at that particular university and said resources may be available to you. If you know of a psychologist at your university, try contacting him or her and find out as much as you can about getting assessed. For those no longer in college, many well qualified psychologists exist more than likely, right in your home time.

Assessment by a psychologist - if one is available - seems to be the method that works for the majority of people, although like with anything there are a fair number of people who are dissatisfied with the process. More than one has reported that the psychologist denied that dyslexia existed. Again, finding the right one for you takes a little time and research.

Some people seek a private assessment by a psychologist. Although expensive, this is more straightforward. A lot of people report having paid a thousand dollars and upwards for a private assessment, but the costs seem to vary from one country to another, as well as from state to state. The assessment takes a few hours, and you should expect to receive a detailed report. Although assessments are thorough, few psychologists provide detailed recommendations for improving a person's learning techniques.

Comprehensive testing at a distance

An alternative is comprehensive dyslexia testing at a distance. This has the advantage of improved objectivity: the psychologist remains completely objective about the persons performance in all the tests, as he/she never meets the person, but bases the assessment purely on the test results. This in a scientific sense is the most successful of the tests available.

The tests used are very similar to those used by psychologists in schools or privately, but have been adapted so that they can be used by adults at home. This type of test produces a more detailed assessment report than a psychologist normally provides, and contains detailed recommendations for learning techniques that will help the person raise their achievement level. Typically, a test like this costs only a fraction of the cost of an assessment by a psychologist.

Chapter 4 – Where Can I Be Assessed?

The Dyslexia Institute can arrange an assessment by an independent professionally qualified psychologist who has specialist knowledge of dyslexia. It is helpful for the psychologist to have background information from employers or tutors, but sometimes people wish to obtain advice before involving anyone else. The Institute staff and Consulting Psychologists will, of course, treat confidentially all information received and will not release any information without the permission of the person concerned.

The assessment lasts about two hours, which includes time to discuss the findings and talk about ways of approaching any difficulties which may have been revealed. It will investigate the individual's thinking, learning and problem-solving skills to obtain indications of areas of strength and difficulty and examine attainments in the basic skills of reading, writing, spelling and mathematics.

Using these results, the psychologist will then assess whether there are areas where performance is not up to the expected level. When this is the case it is often a sign that a specific learning difficulty exists which has made it particularly hard to develop certain skills. Further testing and discussion will have explored possible reasons for this.

What Help Is Available If I Find Out I Am Dyslexic?

Following the assessment session the psychologist will give practical advice according to the severity of any difficulties and the educational and career goals which are being

sought. Typically, advice and recommendations include:

- Making others aware of the presence of dyslexia so that they do not constantly criticize poor spelling or handwriting
- A recommendation that extra time be allowed, or other special arrangements made, in order that specific difficulties do not unduly affect performance in examinations
- Provision of computer support to minimize the impact of specific spelling difficulties
- A short course designed to improve performance in some or all of the following skills: spelling, report-writing, study-skills, revision and exam techniques, time-management and general organization
- An individualized learning program designed to address deficiencies in basic skills

Chapter 5 – Is Specialist Tuition Available?

Remedial provision will, of course, depend on the severity of the difficulties experienced. Adult dyslexics may well have acquired strategies to improve reading fluency and speed, and they may make greater use of diagrams and illustrations. Writing and spelling difficulties may require a sustained period of specialist teaching, but most problems are not insuperable. Many adults quickly gain in confidence as they receive help.

Training programs have several essential components:

- To accommodate weaknesses in short-term memory, material to be learned has to be made more manageable
 - To compensate for perceptual weakness a multi-sensory method of teaching is adopted which stimulates learning by using all the senses
 - Mnemonics, visual images, mind maps, speed reading and other techniques may be used
- Individual training programs for adults can be arranged by the nearest Dyslexia Institute Centre. The Institute's own Units of Sound Multimedia program on CD-Rom often forms an integral part of tuition.

Can Modern Technology Be Used To Help?

There are a number of devices which are now available which can be of practical help, but much will depend on the nature and extent of the individual's disability. These

include:

- Spell-checkers and grammar checkers. Most modern computers now have a spell-check facility which many dyslexic people find invaluable. Some also have a grammar checker.
- Electronic dictionaries. These offer meaning of words or alternatives, and are quicker to use than conventional dictionaries.
- Dictating machines and tape recorders. If audio-typing facilities are available these can be invaluable.
- Calculators. Even a simple calculator can be a blessing for someone who has difficulty with numbers
- Memory telephones. Telephones that can store and automatically dial pre-entered numbers may be useful.
- Electronic schedulers. These can be used as a reminder for appointments, meeting deadlines or remembering important tasks.
- Voice-activated computers. These allow full computer control through the voice, including dictation to the word-processor. They are, however, costly.
- Tinted glasses and colored overlays. Some people find these useful.

Chapter 6 – Compassion For People With Dyslexia

Dyslexia is a disability and people must comply with the Disability Discrimination Act of 1995. Here are some tips for those you may know that are dyslexic or those you wish to become more understanding of the issue:

- Be supportive, show understanding and give encouragement when appropriate
- Don't regard dyslexic people as a 'problem'
- Concentrate on their strengths and don't force them to do things against their will
- Try to tailor the job to suit the person
- Be aware that some dyslexic people may appear to be very confident, to cover up the stress which they may be experiencing
- If the dyslexic colleague wishes it, recommend an assessment by an educational

psychologist

- Circulate information well in advance of meetings to allow plenty of time for it to be assimilated
- Print text on pale colored paper
- Help with checking text if asked to do so
- Highlight important text when circulating documents
- Make verbal instructions brief and clear
- Use multi-sensory aids on training courses

Chapter 7 – How Can I Afford The Help Available To Me?

The funding of assessment and tuition for adults can be extremely difficult and to very many dyslexic adults seems an insurmountable hurdle. Local Education Authorities do run Basic Skills courses free of charge but these are not usually specifically for dyslexic people or taught by teachers who have a dyslexia qualification. The cost of assessment and an ongoing teaching program can be quite high and many adults do seek help to meet these costs. Help may be obtained from one of the following:

- If you are a full-time student you may be eligible for the Disabled Student's Allowance which may be used to purchase items such as specialist equipment or essential texts, or specialist help. It is claimed from the LEA. Your Disabled Students Advisor may be able to help you with this.
- Many employers partly or wholly fund assessments and lessons
- If you are unemployed contact the Department for Education and Employment's Disability Employment Advisor. You can be referred for assessment by a Placement, Assessment and Counseling Team (PACT) which has contracts with the Dyslexia Institute and may fund lessons.
- Unemployed adults may also seek work under the New Deal Scheme. As part of this it may be possible to receive specialist tuition.
- A local charitable organization may be able to help. Your Citizens' Advice Bureau may be able to put you in touch.
- The Dyslexia Institute funds a small number of bursaries each year.

Chapter 8 – Stories From Others With Dyslexia

I have always had trouble with writing and spelling. I remember when I was in 12th Grade my writing and spelling were still so poor that I could not spell 'does' correctly. I spelled it 'dose' and could not recognize that this was wrong. My English teacher got upset with me, thinking I was just too lazy to look words up.

I explained that I try but sometimes I spelled the words so wrongly that I could not find them in the dictionary. She made me cry, feel bad, and bought me my first 'bad spellers' dictionary. However, I still couldn't find words sometimes, even with this dictionary. She told me to read more, and so I did. I read and kept journals of all the words I did not know, and I practiced them, spelling and definitions.

I have gotten much better, but I still have trouble when asked to write something freehand in stressful situations such as job interview writing samples. I find myself constantly second-guessing whether or not I spelled the simplest words correctly.

Although I have managed to be quite successful, given my difficulties academically, I am concerned about my ability to do as well at a higher level in my career. I am concerned that this kind of problem will keep me from getting the kinds of jobs I would like to have and that I would do well.

Another thing I have noticed is that people I know seem to be able to read a word once or twice and then just be able to spell it correctly. It is like I have to see the word ten to twenty times before I can spell it correctly. I often read words wrongly, even words I am familiar with.

Despite this disability I know that I must continue to practice and strive towards getting better at spelling and recognizing any mistakes I may be making. Thanks to these a number of tips I received I'm much more confident. I know it's hard at times but my drive is what carries me and my will to be successful in my life and in my career.

A.B. Seattle, Washington

Reading was always such a struggle for me and I never fully understood why. There would be many times that I would be asked to read aloud for various reasons (be it a study group in college or what have you) and for the life of me I would not be able to complete my task without either getting somewhat confused or lost. It's a problem that for some time I just assumed most people had.

It wasn't until my second semester of college that I knew something was different about me. All through high school I just has to work extra hard when it came to reading and spelling but now entering college things were getting much tougher for me. I was putting it so much time into trying to ensure I was spelling certain words correctly it was starting to affect the work with my other subjects and assignments.

It wasn't until I began to really discuss these problems with a friend I had and she suggested that I do some more research on possibly having Adult Dyslexia. After going into some extensive research I came to find out that it might be possible that I was dyslexic. It was really a possibility that for whatever reason I didn't consider.

After going to a doctor and getting a diagnosis I feel much better about actually knowing what is going on with me. I think for me it's been half the battle just figuring out what the problem is and in my particular case I don't find myself fretting so much about whether a word is spelled correctly or not.

I'm free to trust myself and make mistakes from time to time. I still work just as hard at trying to learn how to spell words and remembering the correct way to, but there seems to be much less pressure on me. I graduated college in less than a year.

D.T. Chicago, Illinois

For as long as I could remember I always had problems trying to decipher sentences or figure out the correct way to spell even the simplest words. Now in my early forties it's something I don't struggle with much anymore. Thanks to several tips I've been able to receive I've been able to turn my life around and not have to live with the worry and the fear associated with having dyslexia in the workplace. Never again will I live with that kind of fear from something I can take control of and master.

A.E. Independence, MO

Chapter 9 – Tips To Help With Adult Dyslexia

The following are a number of helpful tips and tricks for you to try in order to cope with and hopefully beat out dyslexia:

- **Instead of visualizing words, try to make them more concrete in order to stand out.**

One of the more effective words for those that have difficulty with particular words is to make the process of understanding the word and its sounds less visual and more concrete. Sometimes even just writing them on paper doesn't even work. In those cases get creative. Write it down on a chalk board or use color forms (giant foam letters). This can be effective in allowing your mind to wrap itself around the word in a more contextualized way.

- **Build your confidence in any way that you see fit.**

This is another easy and effective way to help you overcome dyslexia. Many times frustrations and stress can compound the situation. When you feel that way start to focus on some of the things that you're great at and you excel in on a daily basis. Sometimes even the smallest boost of confidence can do wonders.

•Read out loud whenever you can.

Another good one to try. Sometimes the situation doesn't warrant you to be able to read aloud but whenever you get the chance to, go for it. Areas of the brain tend to remember this type of action.

•Make a mental picture as much as you can.

We talked earlier about trying to visualize less and make things more concrete now try the opposite approach if the concrete way isn't working for you. Dyslexia really has no common cases and difficulties vary from person to person. With some it actually does help to visualize a word as you saw it spelled correctly.

•Mnemonic spelling can be a good tool to use.

This one really takes a detailed oriented person in order to use but it can be done. If you're good with Mnemonic devices then try this with words you have difficulty spelling. Such as BECAUSE: Big Elephants Can't Always Use Small Elevators. Or Friend: Every friend has an I, and hopefully it will never END. Get creative.

Here are a list of other Mnemonic devices for words that are commonly difficult among dyslexics:

- Because - Bake Every Cake And Use Six Eggs.
- Said - Sally Ann Is Dancing
- Could - Can Oliver Understand Long Division
- Rhythm - Rhythm Has Your Two Hips Moving
- They - They Hate Eating Yogurt
- Wednesday - WE Do Not Eat Sweets DAY
- Tuesday - U Eat Sweets DAY

- Again - Again, Gorillas Appear In Nighties

Start trying to learn in a logical way the phonetics and rules of spelling and grammar

Set up extra time to complete work or exams whenever possible to ensure that stress won't set in from not having enough time

Repeat instructions or directions to yourself as much as you can as soon as you are given them, this will help you to remember them accurately

Do whatever you can to block out unneeded noise, this can disrupt proper thought and concentration

If you're a college student then sit in the front of the class so that others around you aren't distracting

Use a computer as often as you can, this allows for greater ease at seeing any mistakes you may make and less second guessing on your part

With a little amendment in learning strategies, even a person affected with adult dyslexia can improve his or her reading and writing skills. It is very important for us to understand that every human being is different. Different brains are wired differently. You cannot expect everyone to be an expert in only one field. Some students are good at Mathematics while there are others who are good at literature or other subjects. Even if a person is affected with adult dyslexia, it can mean that they will be weak learners in just one aspect- reading or writing. From no angle would it mean that they are dumb and worthless. They may be good and highly talented in some other fields that do not involve reading and writing, such as painting etc.

The amendment in learning strategies must be made on the basis of the unique talent that the person possesses. Thus, the first task is to study the person and identify his or her considerable strengths.

Feelings of rejection are normal with dyslexia. In general, a person with dyslexia does not get a good response from their surroundings. People at school, in their neighborhood, and even immediate family, often start to taunt them or ridicule them, considering them to be dumb and stupid. Such behavior can have a severe impact on his or her self-confidence, causing feelings of isolation and rejection.

Therefore, once the problem is identified, through a dyslexia test, proper actions must be taken showing that they have the talent to achieve success. It can be difficult to win self-confidence back but that is why this is the stage that must be won before coping is possible.

One way to improve the reading and writing skills of someone who has dyslexia, is by focusing on building the phonetic decoding skills. Since dyslexia causes slower reading, teaching to break words into their basic sounds and then rearrange these sounds to produce different words is very beneficial.

Such training will gradually help the an adult dyslexia with dyslexia learn to read more accurately and at a higher speed.

Chapter 10 – Tips and Help In Remembering Numbers

Counting out change - If you're slow in counting out change, which can be embarrassing. A method of dealing with this is that you should always have available a bill larger than the estimated amount of the sale. This way you get a lot of change accumulating. Get rid of this change by counting out the exact amount of a small purchase that you know the exact amount for and putting it into a change purse. When you buy your morning coffee the server must wonder why I always have the correct amount every time. The above may seem trivial but it is important and it protects your self esteem.

One of my areas of difficulty is math - Visualizing a pattern of the appropriate number of dots around a number allows you to count them and thereby solve the problem. You can also remember the pattern of the dots on a dice to help, e.g. six is two rows of three, and five is a square of four with one more in the center.

Phone Numbers - When you can't remember a phone number long enough to walk across the room and dial it, try this, "Drawing on the Right Side of the Brain". It teaches right brain/left brain usage to "Normal" people. However, for some, it teaches you how to organize and separate the right and left brain's functioning for the first time. Now, with concentration, you can remember a phone number for a minute or so.

Dealing with numbers - When dealing with numbers, like balancing your checkbook or paying bills, read the number backward (from right to left) to yourself and then write it. To check yourself, read the number you wrote the other direction and check it against the original. You'll find that if you break up the repetitive pattern, you recognize mistakes better.

Number 7 - If your '7's look like '1' s put a line though the down stroke and then there is no way it can be mistaken for a '1'.

Remembering numbers - When remembering numbers, like phone numbers, try saying the first three numbers as a whole number, and the last four digits as two whole numbers. Example-827-1456: Eight hundred and twenty seven, fourteen fifty six. This allows you

to visualize the sounds of the words, and makes it harder to forget them.

Codes - Use dates for telephone or door code numbers, like 1960 or 1845, etc. It works wonders.

Multiplication - When trying to remember your multiplication tables. Go to the nearest one you can remember and then add one or double the number. 3×8 is 24 so 6×8 is double that 48.

Remembering numbers - Try remembering your PIN code and some telephone numbers by the pattern they make on the phone pad.

How many days in the month? - If you can't remember the poem to remember how many days are in the month, simply use your knuckles. Starting with your left hand, counting from the first knuckle after the thumb, which is January, so 31 days, then you have the place between the two knuckles, which is February, therefore low, i.e. 28 days, then you have a high knuckle which is March, so 31 days, then you have another crevice between knuckles of your middle and ring finger, which is April, low, so 30 days.. and so on and so on, until you reach July on your last high knuckle and have to start on your right hand, with index finger knuckle, high, therefore August...31 days and so on.

Comparing numbers - When visually comparing numbers you don't always see differences. When you need to compare two large numbers, put one in your calculator's memory and then subtract the other number. The resulting zero answer assures you the numbers are the same.

How many days in the month? - Sometimes using this elementary school trick for remembering everyday things such as 'Thirty days hath September, April, June and November work very well. All the rest have thirty-one, except for February which has twenty-eight.

Chapter 11 – Confusing "B" and "D"

Which way round is 'b'? - Use the name 'Cadbury's' (chocolate) to help remember which way 'b' and 'd' go.

Which way round is 'b'? - to know **b** from **d** try picturing the capital letter **B** and know that the lower case **b** is the bottom of the letter, and the **d** is facing the opposite direction.

'b' and 'd' - A good tip for getting your b's and d's the right way, is to use the word 'bed' and picture yourself lying on it. The 'b' is the headboard and the 'd' is the bit that stops your feet hanging off the end.

You'll find it's easier to avoid flipping your letters when writing if you print everything in capital letters. So your lower case letters are simply smaller upper case.

Chapter 12 – Spelling And Grammar Tips

Computer programs - A great program from www.TextHelp.com - which reads out loud what you have written. It helps you to spot words you have missed out.

Careful - Avoid eating too much sugar or sweeteners, as I you'll find it can affect your reading and spelling. Always try to eat a healthy diet - fruit, vegetables and vitamin pills each day.

Word processors - Word processors for writing, if you find you cannot spell a word, type in a smaller one with the same meaning and use the thesaurus to find the word you need.

Finger spelling: If you have very bad spelling and you find that your problem is that you don't hear or know the sounds of the letters. Try using something call 'finger spelling'. This is where you put a finger up for each sound you hear in the word. It allows you to "see" the sounds and work out what sounds are missing. It also helps improve your spelling at the same time.

Spelling while typing - When you're either writing or typing things on a computer, mentally spell out each word as you type/write it instead of just thinking the word. i.e., as you type the word "computer", literally think in your head "c-o-m-p-u-t-e-r" as you type it. This way the word is broken down into its component letters and you don't have to take extra time to ensure that you've spelled it correctly. This works about 90% of the time for some people - unless it's a word that you just don't even know where to begin at when it comes to the spelling.

Spelling easier on a keyboard - You'll find that spelling is easier when your using a keyboard and computer. Look at the keys which seems to help some people. Sometimes anxiety about getting the correct spelling ends up confusing people when they write by hand.

Using a dictionary - When using a dictionary write the alphabet at the bottom of the page abcd then you'll know the position of the letters without saying the whole alphabet to yourself.

Spell checker - Writing papers the spell check is your best friend. You should use it all the time. Write your notes twice so that you can read them. Read something out loud so you can understand it.

Checking spellings - Always spell-check your stuff on your e-mail browser before submitting it in, for example, a forum. Then just X out the email message.

Read your sentences backwards - In order to find errors in your writing. Leaving off an "s" "es" or "ed" is easier to spot.

Remember grammar rules - Simple rules like when two vowels go walking, the first one does the talking.

Chapter 13 – Using Color While Dyslexic

Code coloring - Color code everything. If you need to organize your computer disks, color code them by the project or by the class they are for. Make labels with the color and name and place them on the disk, whether its a CD or zip or floppy. This helps to remember where things are and saves time looking through every disk.

Highlighters - When reading books, read with several highlighters close by. That way when one 'disappears' you can continue. Almost every book you own should be 'highlighted' to some degree.

Colored paper - If you only have a mild form of dyslexia, but enough to make life difficult. Using colored sheets of paper really helps some to read .

Red and blue - If you have major left right issues and you are ambidextrous which just makes life all the more confusing wear a Red sock on your right foot and a blue one on your left. When a direction is addressed this way it will be easier for you to know which is left and which is right.

Colored pens - When you study, use different colored pens to focus your attention to important points that you need to know.

Use a colored report cover -Use them over pages in a book. You can use blue and therefore the words are black and the background is blue. It can be very helpful when you read. If you are experiencing a glare from words printed on a white page, or seeing the words go fuzzy without your blue transparent plastic cover, you may have Scotopic Sensitivity Syndrome (Irlen Syndrome) and could benefit from tinted lenses.

Chapter 14 – Tips At Work Or School

Managing tasks - Put all your personal and work tasks on one sheet of paper. From there, grab a notebook and assign your tasks to certain days of the week use one piece of paper for each day of the week. Also, assign your tasks a time. When you are done, put the remaining tasks on a single page. These will be your long-term tasks. As you complete tasks during the day, cross them off or re-organize them. The ones that you don't do, roll them over to another day.

You can also insert birthdays and reminders. An update each day takes me about 5-10 minutes. When you re-do your plan for the next week, which is usually over the weekend, it takes about 40-50 minutes. If you are a visual person who learns best when writing things down, this will definitely work for you. It has for many people. One key benefit is that you feel confident because your tasks are managed and you have it all captured on paper so you won't forget things.

Finding a quiet place - When you need a quiet setting and a quick outline to get your thoughts straight find a quiet place to relax while doing this. Don't worry about spelling on the first draft just the quality of what you're trying to convey. Your creative side soars using this method. If you run out of ideas try brainstorming aloud. Reversing the order of things really confuses some people so avoid that if you're one of them. To conquer this problem take it in steps by drawing pictures and talking to yourself. A quiet place is needed to concentrate.

I also get lost easily. I find that noticing landmarks allows me to find my way around better than street names. I find my favorite restaurant by remembering it's next to a Bank of America and KFC. I don't even know what street it's on. My husband is impressed that I can find things this way. He's a whiz at reading maps, but there are times he gets lost and I can find our way.

Mark up all the key points - In college you can try to keep your books and circle/mark up all key points when reading. Just before each test you can just read the key/circled points. This method worked very well and makes school easier. However the books will be in bad condition if you do try to use this method.

Grading tests on content - In school always ask your teachers to grade on content, not spelling. Most teachers have no problem with this.

Remembering what I read - If you have a hard time remembering what you're reading when you study, try this. When you get to the end of a page in your textbook, write down everything you can remember before moving on. It takes some time but helps in the long run.

Get the lighting just right - Some people have found that you can read better if the lighting is just right. Bright light tends to slow down the reading of some people. A soft

white light helps many focus - just make sure you are not sleepy.

Too much information - If you're a college student, when under pressure one can tend to get too much information and be unable to focus. So try to take a long walk outside or go to a library and pull your thoughts back together. Some frequently use an outline of each class for what you want to do...that allows you to focus in a logical order. If you don't understand what you're reading, if you're biggest problem is comprehension, the outline helps break the lesson into parts to create a smaller area to focus on.

Before academic work - Just before undertaking academic work, go for a walk, or preferably a run, to get blood circulating. After exercise a person will be buzzing, and will be far more receptive to learning.

Taking tests - When taking tests, if they are multiple choice, try to make each possible answer a true or false question. It helps to eliminate possible choices.

For college exams - If you ask the tutor to put three lines of blank spaces between each question on the paper. It's still hard, but at least you can see where one question ends and the next one starts.

Tutors - Ask a tutor you may have to print, rather than write, the important words on the board in lectures. This helps a lot with note-taking.

Work manuals - Read manuals on to a tape recorder. Then you can play them back as many times as you like and it sticks in your head.

Planning study time - As a student, you'll find planning your time hard work. You'll make a plan of all the time slots in a normal day, then color all the used time in red, then fill the blank slots in green. This helps you visualize the time available for study and other life things.

Videos and study - If you have great difficulty in reading, so when a task from college is given, go to the library and find videos with the subject you need to study. You'll find reading much easier to tackle once you know the basics. Remember - the brain typically can only process twenty minutes of information then shuts off.

Miscellaneous Tips

Keeping appointments - If you have trouble telling the time and keeping appointments try this: use the 24 hour clock so you don't confuse morning with evening appointments. If you have a dental appointment months ahead always write the date in full, with the year too, if necessary.

Trouble with 'scanning' - Some have serious trouble with "scanning" either for a product on a store shelf or some obscure landmark that someone gave them with directions to where you're going. Some peoples most hated nightmare is losing someone in a crowd in a mall or other public place. You'll find that letting people know the kind of clarification that you need is the best way.. avoid the problem..

Using a cash register - If you've worked in a store using a cash register. When counting money, try saying aloud the amount, then count to yourself two times the amount going back, then again out loud to the customer.

Giving directions - If you get lost so easily, and reading a map is very hard for you and you never know if you're going north or south, make written directions like 'Go left on X Street', and never let people tell you 'Go along, or up, or down'. Instead you might like it if they write 'Go to Mary street' and then say 'It's one past John Street, and if you see Rob Street, turn around.' Also you may need a full set of instructions to make it home again.

I say to myself each morning "I have strengths as well as weaknesses!" This helps you to be more positive, and be more aware of your abilities in creative areas and physical co-ordination, as well as your empathy with other people and their problems.

Self-adhesive address labels - Always carry lots of small self-adhesive address labels. It saves time and prevents you from handing out scribbled, difficult to read notes. This can happen if you get flustered trying to hurry as people are waiting. Instead of signing your name on forms use these and have plenty for carbon copies. They are also useful for providing a 'return address' on parcels and for handing out instead of laboriously writing down your address. It's very cheap to buy heaps of them and people seem to respond well to receiving them.

Chapter 15 – Other Resources

Here is a list of links to help you with any other needs you may be having:

[Mail Order Dyslexia Testing](#) - Daniel Willemin describes the experience of taking a distance dyslexia test.

[Voice Recognition Software](#) - article about how voice recognition software can help. These programs type out what you speak into your computer. There are links to the two main programs - Dragon Dictate and IBM Via Voice.

[Arts Dyslexia Trust](#) - describes the work of an organization which promotes the work of dyslexia artists.

[OFSTED report on Dyslexia](#) - article about the report of the UK Inspectors' report on how dyslexic children are catered for in schools.

[What causes dyslexia?](#) - article outlining, in uncomplicated language, the causes of the two types of dyslexia ('visual-spatial' and 'auditory-linguistic').

[Dyslexia Online Magazine](#) - free online magazine with articles about dyslexia.

[Dyslexia Test for Adults](#) - affordable distance dyslexia test with professional Assessment Report and recommendations for improving writing, spelling, etc.

[Frequently Asked Questions from dyslexic adults](#) - letters sent in to an adult advice line, with the answers provided.

[Sample page](#) - from a comprehensive adult dyslexia test.

Chapter 16 – Conclusion

We hope the numerous tips and tricks and other resources we've outlined for you will help you in your ability to overcome adult dyslexia. In fact we're more than confident that you will succeed and find yourself enjoying life more now. We would also like to state that not all the tips and tricks work for everyone. As we have mentioned before there is no typical case of dyslexia.

That being said be sure to try out all of them to see what ones work for you and what ones don't. We know that you will find a number of them more than useful for you in your daily life and activities.

Does Your Child Suffer from Inattention or the Inability to Concentrate??

Concentration is one of the most powerful mental tools your child has - and yet, so few kids actually know how to use it to its full potential.

When your child's concentration is at optimal levels, their school work is easier, recall is quicker, homework takes less time and they tend to make fewer mistakes.

So often, concentration problems in kids are treated using conventional prescription medications that are laden with side effects, such as stimulants like Ritalin, Adderall and Concerta, as well as the non-stimulant drug Strattera.

Focus Formula:

Naturally maintain optimal mental focus, concentration, attention span and memory function - all without side effects!



Retail Price: \$43.95
Your Price: \$34.95



Read what other parents experienced when they used Focus Formula for their children!

"For the past few years, my son's behavior was so uncontrollable and as parents, my husband and I felt like throwing in the towel. We were fearful of possible side effects linked to some prescribed medications. He recently started kindergarten and within the first two weeks was in trouble more times than not! We tried everything to get him back on track but no luck. That was until my husband found Focus Formula. My son who just turned 6 has been taking Focus for about a month now but within the first week, we noticed a remarkable change. Now we don't have the teacher calling us to tell us what he did wrong in school but to give us glowing reports of how wonderful it was to have him in school! Yesterday he came home with a WOW! Sticker on his shirt for such GREAT behavior at school. THANK YOU SO MUCH. I am telling everyone I know about your wonderful products and you will have a customer for life!"

—Gerri, AK, USA

What is Focus Formula?

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy that is formulated by our Clinical Psychologist to safely maintain health and systemic balance in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in maintaining brain, nervous system and circulatory health. It has been used for many years to promote wellbeing.

Guaranteeing quality, effectiveness & safety

Native Remedies uses a superior set of standards and processes when creating all of their natural products. They combine high-quality raw ingredients, that are laboratory-tested, with good manufacturing practices.

Their Full Spectrum Approach uses the Whole Spectrum manufacturing method to guarantee that their products are of the highest quality, safety and effectiveness.

Focus Formula contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by the Native Remedies One-Year Unconditional Money-Back Guarantee.



Focus Formula

Buy Risk-Free NOW!

Native Remedies guarantees the quality, safety and effectiveness of all of their products. Review their one-year unconditional money-back guarantee.



Retail Price: \$43.95
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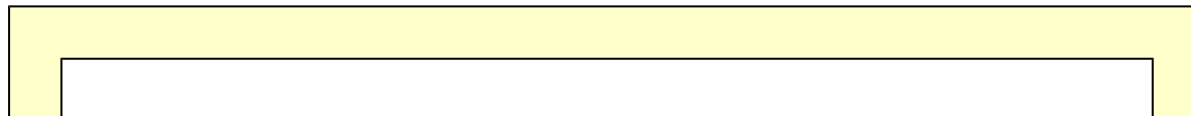


Does Focus Formula really work?

Both customer testimonials and an extremely high reorder rate indicate that Focus Formula is very effective. In fact, it has literally been sold to thousands of customers in virtually every country around the world with tremendous success!

How long has Focus Formula been on the market?

Focus Formula was created by our Clinical Psychologist - in conjunction with our expert team of homeopaths and naturopaths - who has been providing them to her clients, with great success, for more than ten years.



"...I have to admit I was not a whole believer in non-conventional medicine, but that has certainly changed..."

"Hi guys, today is probably one of the happiest days of my life. My 8 year old son is on Focus and BrightSpark', he has taken the 2 for the past 5 days. His teacher left a message on my job and home phone until he finally got me on my cell phone during his lunch break, I was so scared that my child was ill or fell or something else negative. Needless to say he was calling to tell me he was blown away in the difference with my child. He was attentive, involved, sharing, and focused during class.

He then asked my what was going on? I then mentioned the products that my son was taking. When I came home, I played the teachers message over and over again. I was so happy I actually started to cry. I have to admit I was not a whole believer in non conventional medicine, but that has certainly changed. I will very happily recommend Native Remedies to everyone. Thank you and God Bless You."

- Suzan C., NY, USA

"...The transformation is what every mother would desire..."

"I highly recommend your Focus product to every mother ' After feeling as if I had exhausted all options by trying numerous 'natural' approaches to address my 6 year old son's impulsivity, restlessness, difficulty attending, and the accompanying intense emotions.

FOCUS HAD IMPROVED HIS LIFE! Results were observable within a couple of days. We have been using Focus for 13 months. I feel it is a God send. He finally has some peace and calmness from within that is evident in his eyes and face. First grade was successful and he is loving second grade even more. He is still 'all boy', but the transformation is what every mother would desire. Thank you for a wonderful product."

- Debra, AZ, USA

Traditional medicine has been using natural remedies for thousands of years to support the healthy functioning of the brain and nervous system, and to help encourage normal and efficient concentration and memory functioning.

Recent research, including many published clinical studies, now demonstrate that there is a range of herbs capable of supporting normal brain and nervous system functioning. As well as encouraging the healthy flow of oxygen and nutrient rich blood to both the brain and its peripheries.

How can Focus Formula help your child?

Use Focus Formula to:

- Support the body's natural ability to concentrate, assimilate information and regulate emotion
- Help maintain a normal, healthy attitude during over-stimulation
- Naturally facilitate calmness and reasonable clarity of mind.
- Promote relaxation and balanced mood
- Encourage the healthy flow of oxygen to the brain

Does this sound too good to be true?

It isn't... We can prove it!

Native Remedies is so certain that you will be completely satisfied with their Focus Formula that they offer a One-Year unconditional money-back guarantee*.

Simply try Focus Formula for at least 30 days. If you are not completely satisfied - for any reason - return the product within 1 year for a complete refund (less



Retail Price: \$43.95
Your Price: \$34.95

shipping fees).



"...She seems much more focused and willing to try instead of giving up..."

“My 8 yr old daughter is doing wonderful. She has been on it for 3 months now. After the first month of her taking it in the morning and night she has improved in school dramatically. She seems much more focused and willing to try instead of giving up. I am so happy I ordered this for her. Thanks. ”

- Virginia, FL, USA

"...The teacher said it was like a light had turned on in her head!..."

“I ordered Focus Formula for my daughter who couldn't focus or concentrate on her school work. The teacher said it was like she was in her own little world especially when it came to doing subjects that were boring to her and had a hard time understanding.

I can't believe the difference since she had been taking Focus. The teacher said it was like a light had turned on in her head! She said that she is so tuned in now. (We didn't tell her that she was taking Focus, we wanted to see if she had seen any difference in her). Thanks for the wonderful product. We didn't like idea of putting her on medication so it was so nice to find something natural. Wish we had discovered it years ago. It would have save a lot of frustration and tears on our part, our daughters and her teachers. So glad I found this website.”

- Cindy, Canada

Focus Formula from Native Remedies is a very effective natural remedy for maintaining concentration and has a very high success rate!

Focus Formula - like all Native Remedies products - contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by their One-Year Unconditional Money-Back Guarantee.

Save even more! Take advantage of the Buy 2 Get 1 Free discount! All at NO RISK to you!

Order Today. Ships Today!

Please note that all orders are shipped the same day if placed by 3 PM EST Monday thru Friday.

Retail Price: \$43.95

BUY 1 NOW

Your Price: \$34.95

Retail Price: \$133.95

BUY 2 GET 1 FREE!

Your Price: \$69.90