

Dyslexia and communication

This brief factsheet highlights some of the main impacts dyslexia may have on communication. It is based on information from Dyslexia Scotland.

It identifies practical action you can take to remove barriers to participation that people with dyslexia may face. Remember no two people with dyslexia are the same.

People with dyslexia may have difficulties in learning to read, write and/or spell. The effects of dyslexia may be seen in spoken language as well as written language.

There may be additional difficulties with:

- short-term memory
- number skills
- organisational skills
- motor skills and co-ordination
- processing verbal information
- finding directions.

Some people also experience unpleasant visual symptoms when reading, which may cause sore eyes and headaches. This could indicate visual stress or binocular difficulties and can occur quite separately from dyslexia.

All of the above can result in the person having low self esteem and feeling stressed.

Key actions

To help someone with dyslexia to engage more fully you can:

- make your presentations, handouts and paperwork as dyslexia-friendly as possible
- use print size of at least 12, preferably 14
- use Arial, Comic Sans or Verdana print font
- avoid black writing on a white background – cream or pastel paper may be better
- include visuals with text
- use short, concise sentences in written information
- send out information in advance so that someone has time to read and digest this before a meeting
- allow time for person to process information
- reduce background noise and distractions
- provide assistive technology if possible

Further information:

Dyslexia Scotland (www.dyslexiascotland.org.uk)