

HOT TOPICS – OCTOBER 2022

DYSLEXIA AWARENESS WEEK (3 – 9 OCTOBER 2022)



Dyslexia Week is an annual event to raise awareness of dyslexia ... Dyslexia Week 2022 will run 03 October - 09 October, with this year's theme, 'Breaking Through Barriers'.



Source: [Dyslexia Awareness Week 2022 - British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk/dyslexia-awareness-week-2022)

WHAT IS DYSLEXIA?

"Dyslexia is a learning difficulty which primarily affects reading and writing skills. However, it does not only affect these skills. Dyslexia is actually about information processing. Dyslexic people may have difficulty processing and remembering information they see and hear, which can affect learning and the acquisition of literacy skills. Dyslexia can also impact on other areas such as organisational skills.

It is important to remember that there are positives to thinking differently. Many dyslexic people show strengths in areas such as reasoning and in visual and creative fields" [Source: [What is dyslexia? - British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk/what-is-dyslexia/)]



Watch this short video to develop your understanding of dyslexia:
<https://youtu.be/11r7CFIK2sc> [3min 10sec]

Policing and dyslexia

Read the next few paragraphs, which include signs of dyslexia in adults, and then discuss with your PDC specific examples of where you might encounter dyslexic people and what you should consider.

"There is a misconception that dyslexia just affects the ability to read and write. If this were true, it would be much easier to identify. In fact dyslexia can have an affect on areas such as coordination, organisation and memory. Each person with dyslexia will experience the condition in a way that is unique to them and as such,

each will have their own set of abilities and difficulties" [Source: [Signs of dyslexia - British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk/signs-of-dyslexia/)]

Signs of dyslexia (adult)

Everyone's experience of dyslexia will be individual to them but there are common indicators. A cluster of these indicators alongside abilities in other areas could suggest dyslexia, and should be investigated further.

Do you:

- Confuse visually similar words such as cat and cot
- Spell erratically
- Find it hard to scan or skim text
- Read/write slowly
- Need to re-read paragraphs to understand them
- Find it hard to listen and maintain focus
- Find it hard to concentrate if there are distractions
- Feel sensations of mental overload/switching off
- Have difficulty telling left from right
- Get confused when given several instructions at once
- Have difficulty organising thoughts on paper
- Often forget conversations or important dates
- Have difficulty with personal organisation, time management and prioritising tasks
- Avoid certain types of work or study
- Find some tasks really easy but unexpectedly challenged by others
- Have poor self-esteem, especially if dyslexic difficulties have not been identified in earlier life

[Source: [Signs of dyslexia \(adult\) - British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk/signs-of-dyslexia-adult/)]



If you would like to expand your understanding, you may wish to access the link below to read about 'dyscalculia', which is a "specific and persistent difficulty in understanding numbers ..." [Source: [Dyscalculia - British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk/dyscalculia/)]

The resources and information in this document have been accessed from the British Dyslexia Association website, which can be accessed at [British Dyslexia Association \(bdadyslexia.org.uk\)](https://www.bdadyslexia.org.uk)

