



# Dyslexia Assessment and Consultancy

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## **DYSLEXIA and RELATED SYNDROMES: A QUICK GUIDE**

Dr Sylvia Moody

### **DYSLEXIA**

The term *dyslexia* was originally used to denote difficulty with reading. Over the years, it has gradually broadened in meaning. It is now generally used to denote difficulties with all of the following:

- literacy skills (reading, spelling, writing, note-taking);
- phonological skills (processing the sounds of language);
- short-term memory;
- visual processing skills (e.g., tracking a series of numbers);
- sequencing and organisational skills.

In adults, difficulties with literacy skills may sometimes be subtle and difficult to spot. For example, a dyslexic adult may read and write with reasonable accuracy, but may be exceptionally slow in carrying out these activities.

Dyslexic difficulties do not impair intellectual ability or creativity.

### **DYSPRAXIA**

*Dyspraxia* literally means 'difficulty in carrying out an action', and, in the medical world, the term specifically denotes difficulty with planning and executing movement.

In the educational world, the definition is usually broadened to include difficulty with spatial and perceptual skills, social interaction and organisational skills.

Dyspraxia is on a continuum with dyslexia, and also with the learning difficulties described below:

## ATTENTION DEFICIT DISORDER

This is characterised by difficulty with:

- focusing attention;
- concentration;
- time-management;
- organisational skills.

A variant of ADD is Attention Deficit Hyperactivity Disorder (ADHD). This is characterised by physical restlessness and impulsivity in both speech and action.

## DYSCALCULIA or SPECIFIC MATHS DIFFICULTY

The term *dyscalculia* denotes difficulty with understanding mathematical concepts and the relationship between numbers, e.g., being unable to estimate percentages.

The term is often also used for difficulties in reading, writing and copying numbers, doing mental arithmetic, reading written maths problems, and carrying out calculations. However, these types of difficulty are probably better seen as dyslexic rather than dyscalculic.

### Books on dyslexia by Sylvia Moody:

*Dyslexia in the Workplace: an Introductory Guide.* (co-author). Wiley Blackwell.

*Dyslexia: Surviving and Succeeding at College.* Routledge.

*Dyslexia: How to Survive and Succeed at Work.* Random House (Vermilion).

*Dyslexia and Employment: A Guide for Assessors, Trainers and Managers.*

Edited by Sylvia Moody. Wiley Blackwell.

### Help organisations:

For general help and advice about dyslexia and related syndromes, contact:

The British Dyslexia Association 0845 251 9002 [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

Developmental Adult Neuro-Diversity Association 020 7435 7891 [www.danda.org.uk](http://www.danda.org.uk)

For more information sheets, visit: [www.workingwithdyslexia.com](http://www.workingwithdyslexia.com)

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