



Dyslexia Assessment and Consultancy

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EVERYDAY ACTIVITIES CHECK LIST

Please tick the items which you feel cause difficulty.

- Writing a cheque
- Filling in forms
- Writing letters
- Reading letters
- Reading official documents
- Reading a newspaper
- Understanding operating / safety instructions
on household gadgets
- Reading television schedules
- Reading recipes
- Reading bus / train timetables
- Making shopping lists
- Dealing with money in shops
- Checking bank statements

- Keeping track of outstanding bills.....
- Explaining things clearly to others.....
- Placing orders over the telephone.....
- Conducting enquiries over the telephone.....
- Following spoken instructions.....
- Following left-right instructions.....
- Reading maps.....
- Reading signposts.....
- Orienting oneself in a strange place
or complex environment, e.g., tube station.....
- Remembering where things have been put.....
- Looking up telephone numbers in directories.....
- Recording telephone numbers correctly.....
- Remembering messages.....
- Remembering appointments.....
- Organising daily life.....
- Concentrating for longer than an hour.....
- Working continuously for longer than an hour.....