

How can I decide if I want to apply for a diagnostic assessment?

To help you to consider whether this is something you would like to arrange, please find below a checklist, a simple indicator of whether or not you may be experiencing a dyslexic-type problem. For each question, circle the number in the box which is closest to your response.

| | | Rarely | Occasionally | Often | Most of The Time |
|----|---|--------|--------------|-------|------------------|
| 1 | Do you confuse visually similar words such as cat and cot? | 3 | 6 | 9 | 12 |
| 2 | Do you lose your place or miss out lines when reading? | 2 | 4 | 6 | 8 |
| 3 | Do you confuse the names of objects, for example table for chair? | 1 | 2 | 4 | 4 |
| 4 | Do you have trouble telling left from right? | 1 | 2 | 4 | 4 |
| 5 | Is map reading or finding your way to a strange place confusing? | 1 | 2 | 4 | 4 |
| 6 | Do you re-read paragraphs to understand them? | 1 | 2 | 4 | 4 |
| 7 | Do you get confused when given several instructions at once? | 1 | 2 | 4 | 4 |
| 8 | Do you make mistakes when taking down telephone messages? | 1 | 2 | 4 | 4 |
| 9 | Do you find it difficult to find the right word to say? | 1 | 2 | 4 | 4 |
| 10 | How often do you think of creative solutions to problems? | 1 | 2 | 4 | 4 |

| | | Easy | Challenging | Difficult | Very Difficult |
|----|---|------|-------------|-----------|----------------|
| 11 | How easy do you find it to sound out words such as e-le-phant? | 3 | 6 | 9 | 12 |
| 12 | When writing, do you find it difficult to organise thoughts on paper? | 2 | 4 | 6 | 8 |
| 13 | Did you learn your multiplication tables easily? | 2 | 4 | 6 | 8 |
| 14 | How easy do you find it to recite the alphabet? | 1 | 2 | 3 | 4 |
| 15 | How hard do you find it to read aloud? | 1 | 2 | 3 | 4 |

Total Score

Score less than 45 – probably Non-Dyslexic

Research results: no individual who was diagnosed as Dyslexic through a full assessment was found to have scored less than 45 and therefore it is unlikely that if you score under 45 you will be Dyslexic.

Score 45 to 60 – signs consistent with mild Dyslexia

Research results: most of those who were in this category showed signs of being at least moderately Dyslexic. However, a number of persons not previously diagnosed as Dyslexic (though they could just be unrecognised and undiagnosed) fell into this category.

Score Greater than 60 – signs consistent with moderate or severe Dyslexia

Research results: all those who recorded scores of more than 60 were diagnosed as moderately or severely Dyslexic.

Therefore we would suggest that a score greater than 60 suggests moderate or severe Dyslexia.

Please note that this should not be regarded as an assessment of your difficulties. If you feel that a Dyslexia-type problem may exist, further advice should be sought.

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