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Dyslexia in Adults Fact File No.2

How can Dyslexia be identified?

The Adult Dyslexia Checklist

If you think you might be dyslexic you may want to complete an Adult Dyslexia Checklist that can indicate whether you have dyslexic type difficulties.

A commonly used example of the adult dyslexia checklist is on the following pages of this Factfile.

If you do try the checklist overleaf and then need to discuss the results with someone who is experienced in dyslexia, call our helpline on the number above.

Acknowledgement

The British Dyslexia Association for use of this version of the adult dyslexia checklist.



Fact Files
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Ford **BritainTrust**

Adult Dyslexia Checklist

Please circle YES or NO to each question. Please answer every question.
If in doubt circle the answer that you feel is true most often.

1. Do you find it difficult telling left from right?
YES OR NO
2. Is map reading or finding your way to a strange place confusing?
YES OR NO
3. Do you dislike reading aloud?
YES OR NO
4. Do you feel that you take longer than you should to read a page of a book?
YES OR NO
5. Do you find it difficult to remember the sense of what you have read? (Do you get to the end of a page or passage and forget what you have been reading?)
YES OR NO
6. Do you dislike reading long books?
YES OR NO
7. Is your spelling poor?
(Do people often complain about your spelling?)
YES OR NO
8. Is your writing difficult to read?
(Do others often complain that they cannot read your writing?)
YES OR NO

9. Do you get confused if you have to speak in public?
(Is speaking in public something you hate doing?)
YES OR NO
10. Do you find it difficult to take messages on the
telephone and pass them on correctly?
YES OR NO
11. When you have to say a long word, do you sometimes find it
difficult to get all the sounds in the right order? (When you try to
say some big words do they come out all meddled up?)
YES OR NO
12. Do you find it difficult to do sums in your head, without using your
fingers or paper?
YES OR NO
13. When using the telephone, do you tend to get the numbers
mixed up when you dial?
YES OR NO
14. Do you find it difficult to say the months of the year forwards
in a fluent manner?
YES OR NO
15. Do you find it difficult to say the months of the year backwards?
YES OR NO
16. Do you mix up dates and times and miss appointments?
(Do friends or employers complain about your time keeping?)
YES OR NO



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17. When writing cheques do you frequently find yourself making mistakes?
YES OR NO
18. Do you find forms difficult and confusing?
YES OR NO
19. Do you mix up bus numbers like 95 and 59?
YES OR NO
20. Did you find it hard to learn your multiplication tables at school?
YES OR NO

CHECKLIST

Points for consideration when delivering the questionnaire to clients.

- Familiarise yourself with the questions before running through the checklist with an individual.
- It may be more appropriate for the tutor to read the questions.
- You may choose to vary the wording of the questions if the individual is floundering.
- Often people will **not** consider certain areas a difficulty because they have put coping strategies into place. Check this by asking if they have ever had problems with the topic in question.
- Do not force answers even if you think the individual is answering inappropriately. Find another way of asking the same question.
- For some individuals a stark checklist can be quite daunting. Why not take the questions and put them into a conversation style interview.
- Be relaxed about the checklist, it is only an indicator. It may not provide clear outcomes for everyone. Some individuals may not answer as honestly as they should. Move onto a more in-depth screening tool if you are still unsure.
- The checklist is not conclusive evidence for the presence of dyslexia.
- Some individuals may prefer to do the checklist on their own. Encourage them to return to you to discuss their answers.



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UNDERSTANDING RESULTS

In general, **nine or more YES** responses on the Questionnaire as a whole would indicate a dyslexia type problem. Further screening should be undertaken to verify the presence of dyslexia. This will then allow identification of difficulties and abilities.

The best twelve indicators are shown below, in order of importance. Put a tick against those items that were marked YES on the questionnaire.

1. Q17
2. Q13
3. Q7
4. Q16
5. Q18
6. Q10
7. Q19
8. Q14
9. Q20
10. Q4
11. Q1
12. Q11

Reference

Michael Vinegrad: *A revised Dyslexia Checklist*.
Educare, No 48 March 1994

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