

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 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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