

Dyslexia - Adult Resources (UK)

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Understanding dyslexia

Dyslexia affects accurate and fluent word reading and spelling. Strengths often include problem-solving and creativity; difficulties may occur with phonological processing, working memory and rapid naming.

Evidence-based supports

- Structured literacy (systematic, cumulative phonics) with explicit phoneme-grapheme teaching.
- Reading fluency practice, vocabulary building and morphology (prefixes/suffixes).
- Assistive tech: text-to-speech, speech-to-text, reading rulers, note-taking apps.

Work & study

- Reasonable adjustments: extra time, written instructions, quiet space, spell-checking tools.
- Look into Access to Work for workplace assessments and funded support.

Resources

- British Dyslexia Association (adults, workplace).
- International Dyslexia Association / Reading Rockets (structured literacy).

Educational information only; not medical advice. Align with local policy and clinician guidance.