

Dyslexia — Adult Resources (UK)

Educational information only; not medical advice. Check local policies, talk to a qualified clinician, and follow NICE/NHS guidance.

ADULT DYSLEXIA — PRACTICAL SUPPORT

- Identification: dyslexia affects fluent word recognition, decoding and spelling. Adults may notice slow reading or frequent errors. (NHS overview.)
- Workplace support: ask for reasonable adjustments (clear written task briefs, extra reading time, text-to-speech, spell-checkers, tinted backgrounds, dyslexia-friendly formatting). Access to Work can fund coaching, software and equipment.
- Daily reading strategies: use structured literacy practice: phonemic awareness (manipulating sounds), phonics (grapheme-phoneme mapping), timed repeated reading, vocabulary building and morphology.
- Digital tools: text-to-speech, dictation, reader mode, dyslexia-friendly fonts (spacing/line length matter more than font brand), and coloured overlays if helpful.
- Wellbeing: address anxiety/stress and sustain motivation with short, regular practice.

RESOURCES

- NHS dyslexia overview • BDA (British Dyslexia Association) • Access to Work (Gov.UK).

References & Sources

NICE CG170 (under 19s): [nice.org.uk/guidance/cg170](https://www.nice.org.uk/guidance/cg170); NICE CG142 (adults): [nice.org.uk/guidance/cg142](https://www.nice.org.uk/guidance/cg142); NICE NG87 (ADHD): [nice.org.uk/guidance/ng87](https://www.nice.org.uk/guidance/ng87); NHS: [nhs.uk/conditions/autism](https://www.nhs.uk/conditions/autism), [nhs.uk/conditions/dyslexia](https://www.nhs.uk/conditions/dyslexia); National Autistic Society: [autism.org.uk/advice-and-guidance](https://www.autism.org.uk/advice-and-guidance); Gov.UK Access to Work: [gov.uk/access-to-work](https://www.gov.uk/access-to-work); Gov.UK Reasonable adjustments: [gov.uk/reasonable-adjustments-for-disabled-workers](https://www.gov.uk/reasonable-adjustments-for-disabled-workers); NHS England AAC: [england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf](https://www.england.nhs.uk/wp-content/uploads/2013/12/aac-easy-read.pdf); BDA Dyslexia: [bdadyslexia.org.uk](https://www.bdadyslexia.org.uk)