

Dyslexia Adult Resource Guide (UK)

Practical study, workplace, and self advocacy tools for adults with dyslexia.

Use this guide to collect reasonable adjustments, assistive technology options, and learning strategies that match your goals.

It helps during Access to Work applications, workplace reviews, and continuing education planning.

Workplace adjustments

Document tools that remove barriers such as text to speech, speech recognition, and proofreading support.

Schedule regular feedback with managers to review workload, deadlines, and instructions delivered in multiple formats.

Studying with confidence

Break reading tasks into timed chunks. Use audio or coloured overlays to reduce visual stress.

Plan revision using question banks, mind maps, and collaborative note taking platforms.

Self advocacy essentials

Prepare a strengths statement that explains how dyslexia impacts you and what helps most.

Track the legal duties of employers and education providers under the Equality Act 2010 and cite them when requesting support.

Action checklist

- Review Access to Work support yearly to ensure technologies stay current.
- Store templates for reports or emails you often write.
- Book eye and hearing checks if reading fatigue increases.

Trusted resources

- British Dyslexia Association (<https://www.bdadyslexia.org.uk>)
- Access to Work guidance (<https://www.gov.uk/access-to-work>)
- Skills for Life courses (<https://nationalcareers.service.gov.uk/find-a-course>)

Informational overview only. Pair with personalised advice from dyslexia specialists or occupational therapists.