

Learning & Behavioral

TAP Workshop - 22 March 2023

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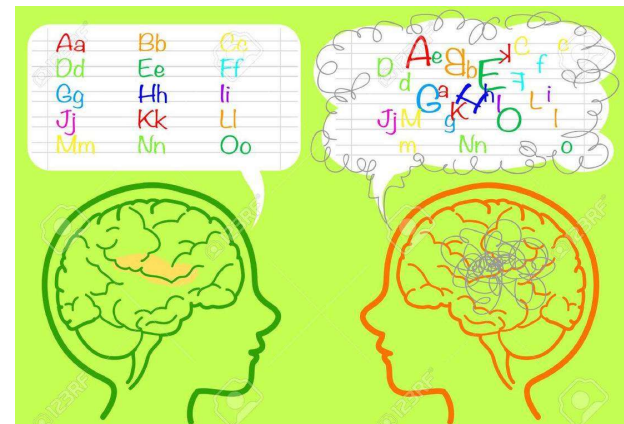
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Dyslexia

Learning Difficulty

What is Dyslexia?

- ❑ A developmental challenge resulting in learning difficulties with language and cognition
 - ❑ According to the Dyslexia Association of Singapore
- ❑ Primarily affects the skills involved in:
 - ❑ **Accurate and fluent word reading**
 - ❑ **Spelling**
 - ❑ **Reasoning**



Symptoms - Dyslexia



Dyslexia is characterized by difficulty with learning to read fluently and with accurate comprehension despite normal intelligence. This includes difficulty with phonological awareness, phonological decoding, processing speed, orthographic coding, auditory short-term memory, language skills/verbal comprehension, and/or rapid naming.

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Symptoms - Dyslexia

DYSLEXIA AND VISION



Sees text
as moving
or blurry



Reverse
letters

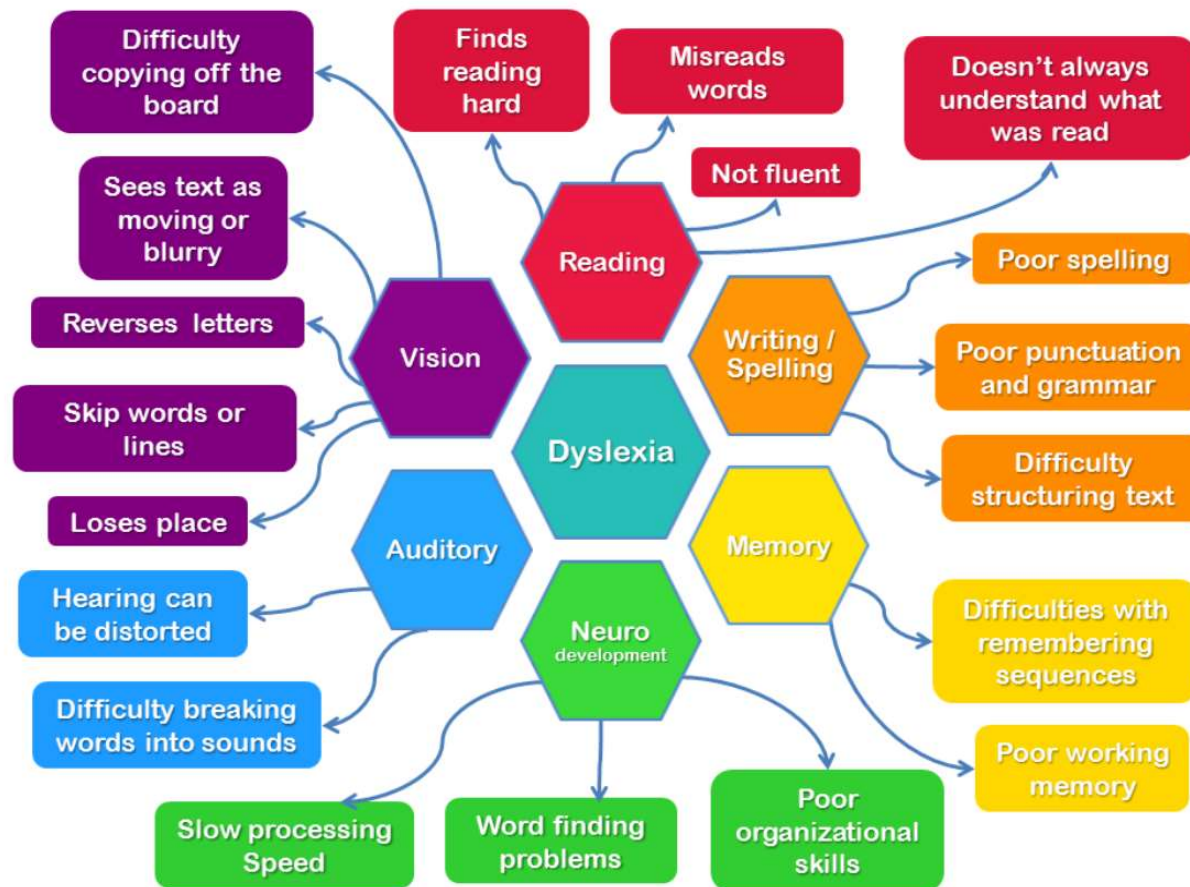


Skip
words
or lines



Loses
place

Symptoms - Dyslexia



Challenges - Dyslexia

- ❑ Incorrect reading / writing of information
- ❑ Avoidance in reading and writing
- ❑ Personal organization and managing assignments
- ❑ Slow work speed
- ❑ Poor memory skills
- ❑ **May be frustrating and stressful**

Video on Dyslexia

https://www.youtube.com/watch?v=11r7CFIK2sc&ab_channel=BritishDyslexia
Association

Disability Etiquette

Dyslexia

INTERACTION

- ❑ “Persons with dyslexia” and “dyslexic” are acceptable terms
- ❑ Dyslexia friendly fonts such as Arial, Verdana, Helvetica
- ❑ Whenever possible, read out printed materials to the person
with dyslexia

INTERACTION

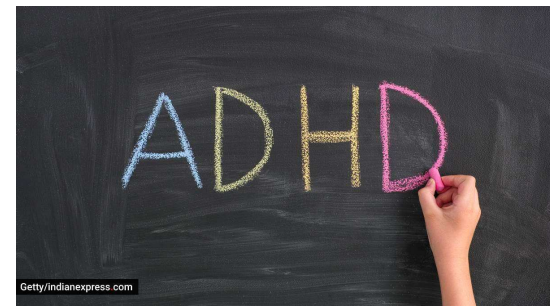
- ❑ **Be mindful of our words and actions:**
 - ❑ Avoid name-calling - slow, stupid
 - ❑ Do not comment that “your eyes have problem?”
- ❑ Be understanding towards spelling errors
- ❑ Be patient and allow extra time for the person to respond;
provide reminders

ADHD

Behavioral Difficulty:
Attention Deficit Hyperactive Disorder

• What is Attention Deficit Hyperactive Disorder (ADHD)?

- ❑ ADHD is a type of behavioral disorder
- ❑ Symptoms of ADHD include:
 - ❑ **Inattention**
 - ❑ Difficulties staying focused
 - ❑ **Hyperactivity**
 - ❑ excessive movement that is not suitable for the situation
 - ❑ **Impulsivity**
 - ❑ Abrupt acts performed in the moment without thought



Characteristics of ADHD

Individuals with ADHD have difficulties in:

Inattention	Hyperactivity	Impulsivity
Staying focus	Tendency to roam around a room	Tends to act before thinking
Following verbal instructions	Sitting through a long lesson	Tends to interrupt others' conversations
Filtering distractions	Squirms in seat	Tends to interfere with others
Completing work on time	Tends to fidget, tap hands/feet etc	Turn-taking
Organising task and activities	Always "on the go"	

Video on ADHD

https://www.youtube.com/watch?v=5l2RIOhDXvU&ab_channel=PsychHub

Challenges of ADHD

- ❑ Low self esteem
- ❑ Depression
- ❑ Boredom and frustration with school
- ❑ Fear of learning new things (avoidance)
- ❑ Difficulties with peer relations
- ❑ Mounting frustrations from stressful situations



Disability Etiquette

ADHD

INTERACTION

- ❑ Setup routines, schedules and constant reminders
- ❑ Evaluate workload and divide tasks based on strengths
- ❑ Break tasks into manageable pieces
- ❑ Limit surrounding distractions

INTERACTION

- ❑ Allow breaks, movement, and rewards
- ❑ Do not get impatient;
offer constructive feedback instead of outright criticism
- ❑ Focus on positive attributes; compliment efforts

ASD

Behavioral Difficulty:
Autism Spectrum Disorder

What is Autism Spectrum Disorder (ASD)?



- Lifelong developmental disability:
 - Social communication
 - Social interaction
 - Behaviours
- Challenges can lead to **stress, anxiety and depression**

Characteristics of ASD

Individuals with ASD have difficulties in:

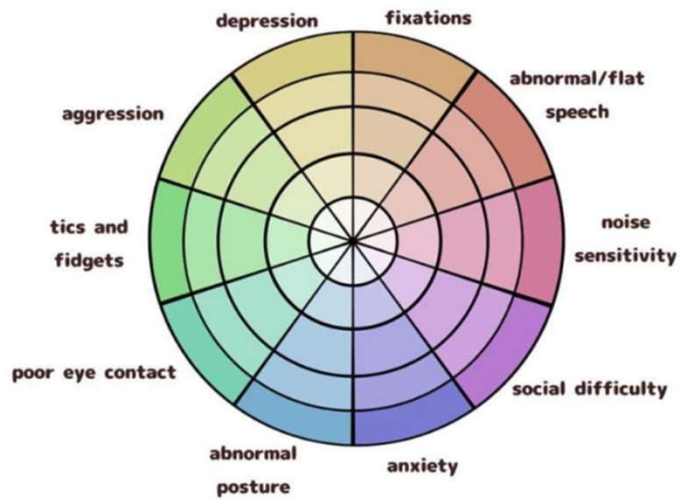
Communication	Social Interaction	Repetitive Behaviors
Communicating their thoughts and feelings	Appears to have a lack of <u>empathy</u>	Attention to certain details
Understanding others	Making social eye contact	Huge interest in certain topics
One-sided conversations	Understanding social rules	Repetitive hand movements
Initiating conversations	May appear socially as “rude”	Difficulty with changes
Making and keeping friends		Strong need for routine

Video on ASD

https://www.youtube.com/watch?v=Ezv85LMFx2E&ab_channel=AmazingThingsProject

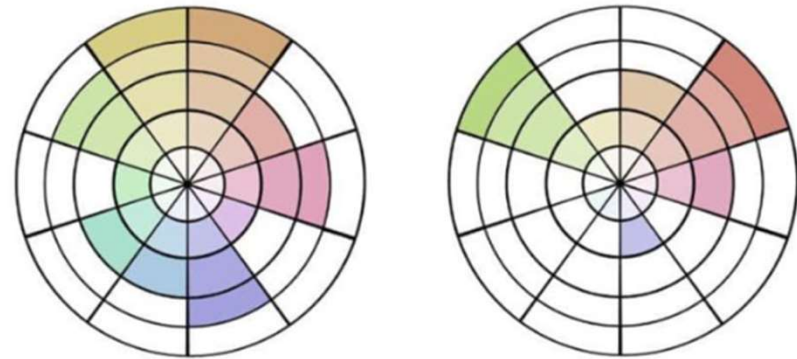
Autism Spectrum Disorder (ASD)

what it can actually look like:



no two autistic people are exactly alike, but we shouldn't be reduced to "high functioning" and "low functioning" stereotypes, either.

my autism looks like this. my brother's probably looks like this.



we have the same "amount" of autism, just different symptoms.

Disability Etiquette

ASD

INTERACTION

- ❑ Avoid disruption to routines
- ❑ Take time to listen and be patient; wait for responses
- ❑ Say what you mean; avoid hints / sarcasm
- ❑ Provide meaningful feedback; don't feel offended

INTERACTION

- ❑ Gentle prompting / re-direction
- ❑ Sustain conversation by
 - ❑ offering choices
 - ❑ suggesting topics
 - ❑ bridging the conversation to a topic you know they can discuss
- ❑ Focus on positive attributes and compliment efforts

Meltdowns

ASD

MELTDOWNS

- ❑ An intense response to overwhelming situations
- ❑ Temporarily loss of control
- ❑ May cause harm to self or others



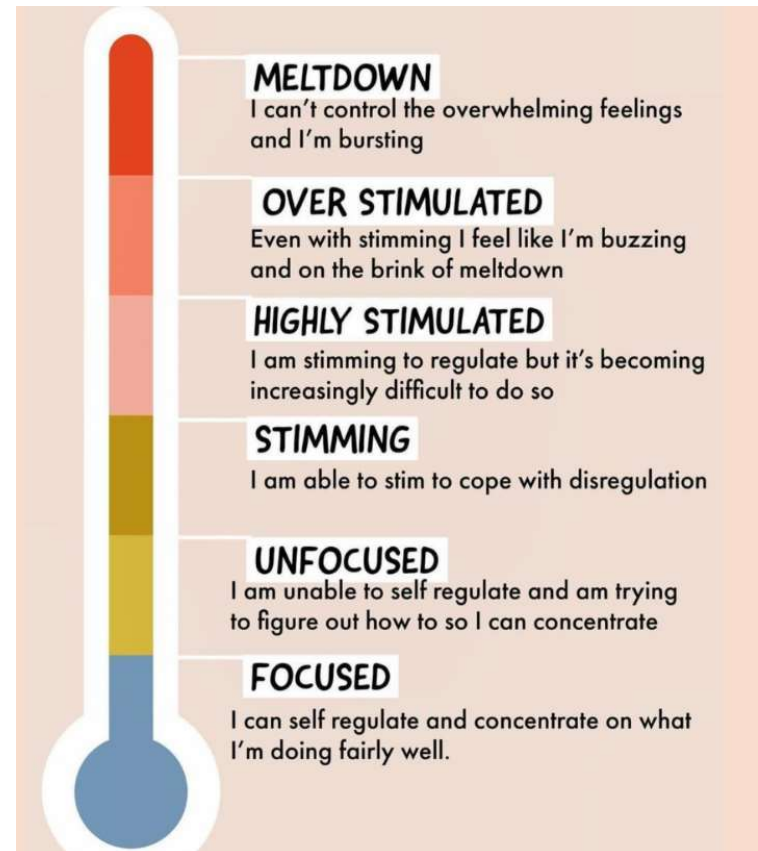
Cause of Meltdowns





Warning Signs of Meltdowns

- ☐ Highly distressed
- ☐ Impatient
- ☐ Aggressive
- ☐ Withdrawn from activities
- ☐ Excessive stimming
- ☐ Shouting and blocking ears



What to do - Meltdowns



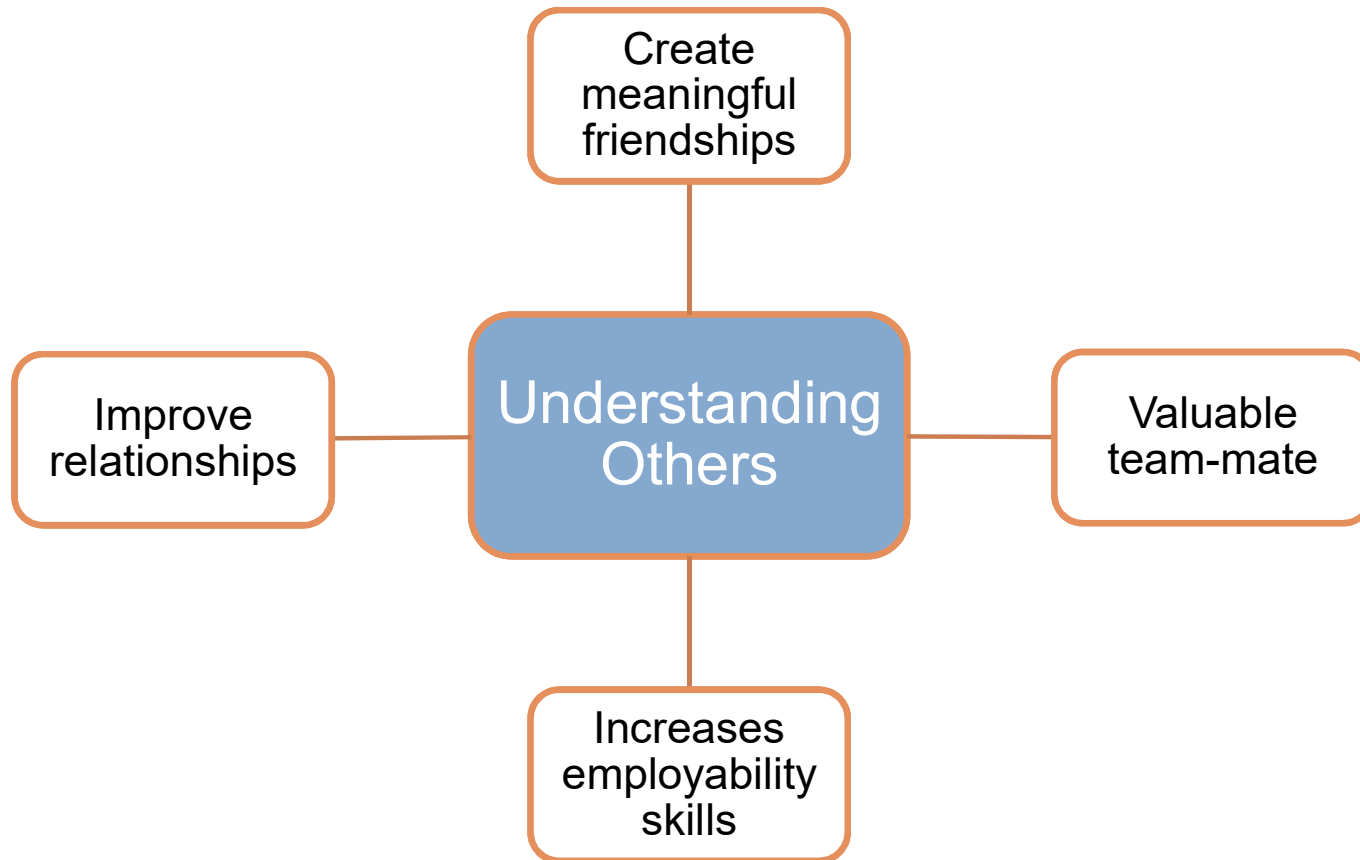
☐ Safety First!

- ☐ Back away to a safe distance if necessary
- ☐ Remove sensory triggers and/or dangerous objects in the vicinity if possible
- ☐ DO NOT restrain the affected person
- ☐ Avoid taking photos / videos
- ☐ Alert relevant authorities if needed

Gentle Reminders

1. Amazing Things Happen
2. Ask For Help

Amazing Things Happen!



ASK FOR HELP

- ❑ Important to understand how you are feeling
- ❑ Stress, anxious, overwhelmed
- ❑ Ask for help from trusted people
 - ❑ Parents
 - ❑ Friends
 - ❑ Colleagues
 - ❑ Managers



HUMAN LIBRARY

Please wait for instructions. Thank you.