

Adult Dyslexia Checklist



Please tick **Yes** or **No** to each question.

- Do not miss any questions out.
- If in doubt tick the answer that you feel is true most often

	YES	NO
1. Do you find difficulty telling left from right?		
2. Is map reading or finding your way to a strange place confusing?		
3. Do you dislike reading aloud?		
4. Do you take longer than you should to read a page of a book?		
5. Do you find it difficult to remember the sense of what you have read?		
6. Do you dislike reading long books?		
7. Is your spelling poor?		
8. Is your writing difficult to read?		
9. Do you get confused if you have to speak in public?		
10. Do you find it difficult to take messages on the telephone and pass them on correctly?		
11. When you have to say a long word, do you sometimes find it difficult to get all the sounds in the right order?		
12. Do you find it difficult to do sums in your head without using your fingers or paper?		
13. When using the telephone, do you tend to get the numbers mixed up when you dial?		

14. Do you find it difficult to say the months of the year forwards in a fluent manner?		
15. Do you find it difficult to say the months of the year backwards?		
16. Do you mix up dates and times and miss appointments?		
17. When writing cheques do you frequently find yourself making mistakes?		
18. Do you find forms difficult and confusing?		
19. Do you mix up bus numbers like 95 and 59?		
20. Did you find it hard to learn your multiplication tables at school?		

The **12 best items are listed below in order of importance**. If the majority of these 12 questions are ticked, this is a strong indication of dyslexia:

Order	1	2	3	4	5	6	7	8	9	10	11	12
Item	Q17	Q13	Q7	Q16	Q18	Q10	Q19	Q14	Q20	Q4	Q1	Q11

Nine or more YES responses on the questionnaire are:

- a powerful indicator of a difficulty.
- The items ticked should be compared with the 'best twelve' shown above.

Further information about dyslexia is available from the University Disability Advisory Service and includes:

- Information packs on Dyslexia
- Information on the Dyslexia Fund, which can help towards the cost of a chartered psychologist's assessment
- Lists of approved chartered psychologists and tutors offering specialist tuition.

Disability Advisory Service

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