Dys-ing You, Dys-ing Me

Dyslexia, Dyscalculia, Dysgraphia, and Dyspraxia

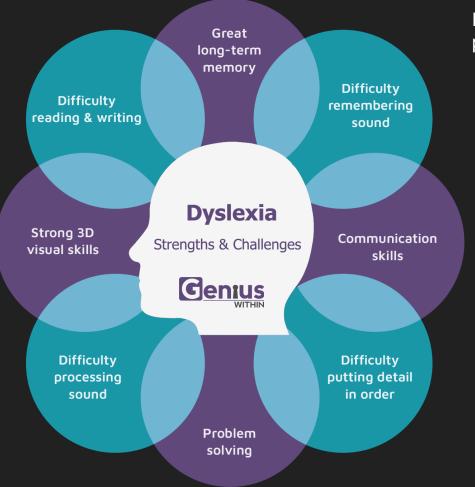




"I need you to be serious for a minute"

whoa hold up, that sense of humor is a load-bearing coping mechanism, it's not going anywhere.

This is a document for discussion, concentrating mainly on the difficulties of those with neuro-diversity. It must however be pointed out that many such people are excellent at maths, co-ordination, reading etc . We are people of extremes. Dyscalculia Difficulties with number concepts Dyspraxia/DCD Dyslexia and calculation Difficulties with planning, Difficulty with words: movements, co-ordination and reading, writing, practical tasks as well as tracking spelling, speaking, and balance, poor spatial listening. Preference for awareness and muscle tone non-linear thought **Neuro-Diversity** Difficulties with organisation, Over and under-sensitive memory, concentration, time, direction, perception, to light, noise, touch, and Lack of concentration, sequencing. Poor listening skills. temperature. distractibility Speech and language All may lead to low self-esteem, anxiety, and depression if others difficulties are not aware. Can be creative. original, determined. AD(H)D Autism spectrum disorder (ASD) including Asperger's Syndrome Impulsive, temper outbursts, hyperactivity Social and communication problems. Low frustration threshold Obsessive interests. Difference in Easily distracted or over-Tourette's Syndrome imagination focused Verbal and physical tics



Dyslexia symptoms can vary from person to person, but common markers include:

- Struggling with phonemic awareness, or the ability to differentiate between and use individual sounds in words
- Slow or distorted phonological processing
- Reading or writing letters or words out of order; poor spelling
- Reading slowly or with frequent pauses
- Difficulty sounding out unknown words
- Misuse or total disregard of punctuation
- Difficulty mastering correct spelling
- Trouble with handwriting
- Difficulty recalling known words
- Delayed speech development
- Trouble rhyming
- Short attention span
- Difficulty following directions
- Trouble distinguishing letters, numerals or sounds

Dysgraphia

Specific ways dysgraphia can present include:

- 1. Dyslexic Dysgraphia
 - Poor spontaneous written work
 - Copied work okay
 - Minimal fine motor deficits
- 2. Motor Dysgraphia
 - Poor fine motor skills
 - Written work is illegible; spontaneous or copied
 - Short samples may be okay, with extra effort/time
 - Poor grasp
 - Spelling not affected

- 3. Spatial Dysgraphia
 - Visual-spatial deficit
 - Both spontaneous and copied work is poor
 - Spelling and fine motor skills are usually okay
 - Poor baseline placement and spacing
- 4. Phonological Dysgraphia
 - Notable in the spelling of unfamiliar words, non-words, and phonetically irregular words
 - Difficulty with phonemes and blending appropriately
- 5. Lexical Dysgraphia
 - Relies on sound-to-letter patterns
 - Misspellings in irregular words

Dyscalculia

- Difficulties with processing numbers and quantities, including:
 - Connecting a number to the quantity it represents (the number 2 to two apples)
 - Counting, backwards and forwards
 - Comparing two amounts
- Trouble with subitizing (recognize quantities without counting)
- Trouble recalling basic math facts (like multiplication tables)
- Difficulty linking numbers and symbols to amounts
- Trouble with mental math and problem-solving
- Difficulty making sense of money and estimating quantities
- Difficulty with telling time on an analog clock
- Poor visual and spatial orientation
- Difficulty immediately sorting out direction (right from left)
- Troubles with recognizing patterns and sequencing numbers

Dyspraxia

- If you have dyspraxia it may affect:
 - your coordination, balance and movement
 - how you learn new skills, think, and remember information at work and home
 - your daily living skills, such as dressing or preparing meals
 - your ability to write, type, draw and grasp small objects
 - how you function in social situations
 - how you deal with your emotions
 - time management, planning and personal organisation skills
 - often have language problems, and sometimes a degree of difficulty with thought and perception

Accommodations

- Making use of assistive technologies.
 - Smartphone apps, computer programs, and even simple things like calculators or spell check
- Providing materials for meetings or presentations ahead of time.
 - Being allowed to prepare for big meetings in advance can help you feel more confident
- Use external timers and cues to keep on task
- Asking for summaries when possible.
- Making use of larger print, different fonts, and different colored paper or color coded documents
- Occupational, Physical, and Speech Therapy