



Unleashing Potential News - Dyslexia

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Continuing with our theme of answering questions, there have been a few in the area of [Visual Dyslexia](#), asking:

- [What is it?](#)
- [How it is different from other dyslexia? and](#)
- [What can be done about it?](#)

Visual dyslexia has been identified as a discreet group of problems which stem from vision difficulties. They include problems such as short- or long-sightedness which are referred to collectively as refractive errors; and those brought on by a disease of some form - referred to collectively as pathology.

As visual dyslexia is a sub group of the wider dyslexia subject the characteristics are very similar. It can therefore be difficult to establish what is visual and what is general.

Interventions to assist general dyslexia will not necessarily address all the characteristics of visual dyslexia. Likewise correction for visual dyslexia shouldn't be expected to address the wider dyslexic characteristics, which come from confusion.

Visual dyslexia characteristics include:

- Difficulty reading/writing
- Variances in performance of the above, dependent on activity or environment, e.g. increased difficulty when the lighting is different
- Increased difficulty level when tired, or reading being the cause of early tiring
- Avoidance tactics, e.g. being constantly too busy to undertake a reading task or other activities always being more important

As these characteristics can also be accounted for by other reasons it is important not to judge them at face value but to have the situation formally assessed. The first port of call is an optician.

Some opticians are trained and have specialist equipment to undertake this examination. There are relatively few of them so it may mean doing a lot of phoning around - there are probably not more than 5 or 6 in Leicestershire.

These examinations - regardless of age - are not covered by the NHS optical provision so therefore must be paid for privately.

[The solution provided is unique to the individual, such as the shade and colour of spectacles.](#)

Because the visual dyslexia characteristics do not stand alone and any corrective equipment recommended will not cure the underlying dyslexia, it is also necessary to consult an educational psychologist or other dyslexia development programme provider to establish what other facilities are needed in order to improve the negative characteristics.

[Further Information](#)

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To discuss specific cases in confidence and bookings:

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