



ADULT  
DYSLEXIA  
ORGANISATION



## Revised Adult Dyslexia Organisation screening

Please answer Yes or No. Do not miss any questions out. If you are in any doubt, answer whichever feels like the truer answer.

<b>1</b>	<b>When using the telephone, do you get the numbers mixed up when you dial?</b>	<b>YES</b>	<b>NO</b>
<b>2</b>	<b>Is your spelling poor?</b>	<b>YES</b>	<b>NO</b>
<b>3</b>	<b>When writing down the date, do you often make mistakes?</b>	<b>YES</b>	<b>NO</b>
<b>4</b>	<b>Do you mix up dates and times and miss appointments?</b>	<b>YES</b>	<b>NO</b>
<b>5</b>	<b>Do you find forms difficult and confusing?</b>	<b>YES</b>	<b>NO</b>
<b>6</b>	<b>Do you find it difficult to take messages on the phone and pass them on correctly?</b>	<b>YES</b>	<b>NO</b>
<b>7</b>	<b>Do you mix up bus numbers like 35 and 53?</b>	<b>YES</b>	<b>NO</b>
<b>8</b>	<b>Do you find it difficult to say the months of the year forwards in a fluent manner?</b>	<b>YES</b>	<b>NO</b>
<b>9</b>	<b>When you were at school, did you find it hard to learn the multiplication or times tables?</b>	<b>YES</b>	<b>NO</b>
<b>10</b>	<b>Do you take longer than you should to read a page of a book?</b>	<b>YES</b>	<b>NO</b>
<b>11</b>	<b>Do you find difficulty in telling left from right?</b>	<b>YES</b>	<b>NO</b>
<b>12</b>	<b>Did you find it difficult to decide how to answer these questions?</b>	<b>YES</b>	<b>NO</b>

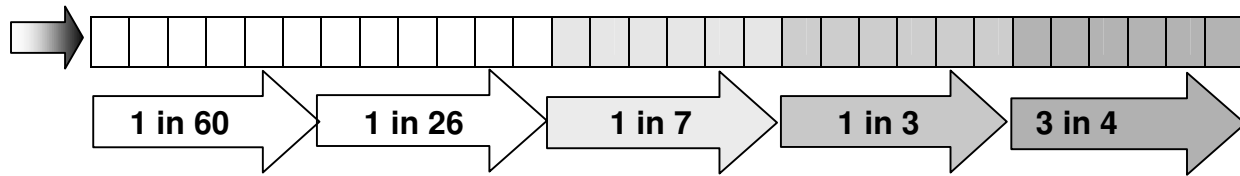
This checklist was developed in conjunction with Professor Tim Miles OBE of Bangor University following empirical research by Dr Ross Cooper of LLU+, London South Bank University.

This checklist does not attempt to record the talents, skills or potential linked with dyslexia. The checklist is organised around some of the key difficulties experienced by people with dyslexia in terms of reading, spelling, memory, organisation and sequencing. A more formal assessment may confirm the presence of dyslexia, see Chapter 1: Identification of Dyslexia.

<b>Question Number</b>	1	2	3	4	5	6	7	8	9	10	11	12
<b>Points scored</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>

Count the points for each YES answer e.g. 3 marks for question 1.

Mark one box for each point scored to find your chance of being dyslexic.



This tells you how likely you are to be dyslexic. 1 in 7 is an above average chance.

Of course, it is always possible for you to be the 1 in 60 with a low score who is dyslexic, or the 1 in 4 with a very high score who is not dyslexic. Your own feelings about the matter can sometimes be more significant than the score.

This new version of the adult dyslexia screening has been piloted with a significantly larger sample than previous, across a wide range of educational experience. Results were compared with 140 people diagnosed as dyslexic. For the background research please see ADO's website [www.adult-dyslexia.org](http://www.adult-dyslexia.org). Consequently, the screening benefits from:

1. a reduced number of questions, using the best indicators
2. weighting the value of the questions for more accurate screening
3. eliminating the questions which are out of date
4. clearer guidelines about the chance of being dyslexic

**When you have completed the questionnaire:**

If you feel that you may be dyslexic, you can contact the Adult Dyslexia Organisation for advice:

Adult Dyslexia Organisation, Ground Floor, Secker House, Minet Road, Loughborough Est, London, SW9 7TP

Helpline: 0207 924 9559 Admin: 0207 207 3911

Email: [ado.hq@dial.pipex.com](mailto:ado.hq@dial.pipex.com) website: [www.adult-dyslexia.org](http://www.adult-dyslexia.org)

Alternatively, you can investigate a little further at [www.outsider.co-uk.com](http://www.outsider.co-uk.com) before seeking advice.