**Checklists for Adult Learners**

Please **NOTE,** this checklist cannot tell whether one is dyslexic, but it can be useful in outlining strengths and weaknesses which can help to inform a supportive teaching or working strategy. Though useful in promoting a better self-understanding and a pointer towards future assessment needs, it is not a diagnostic assessment.

**For each question, please choose one phrase that describes it best and circle the number in the box which is closest to your response.**

Keep a tally of your score alongside each line, add this up at the end to find your total.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nos. | Description | Seldom | Sometimes | Very often | All the time | score |
| 1 | Do you lose your place or miss out lines when reading? | 2 | 4 | 6 | 8 |  |
| 2 | Do you confuse the names of objects, for example table for chair? | 1 | 2 | 3 | 4 |  |
| 3 | Do you confuse visually similar words such as tired for tried? | 3 | 6 | 9 | 12 |  |
| 4 | Do you have to think hard about finding the right words to say? | 1 | 2 | 3 | 4 |  |
| 5 | Do you have problems understanding what you have read? | 2 | 4 | 6 | 8 |  |
| 6 | Do you daydream often? | 1 | 2 | 3 | 4 |  |
| 7 | Do you find it difficult to recall facts? | 1 | 2 | 3 | 4 |  |
| 8 | Do you find it difficult to tell your left from right? | 1 | 2 | 3 | 4 |  |
| 9 | Do you find it difficult to work independently | 1 | 2 | 3 | 4 |  |
|  |  | Easy | With SomeDifficulty | Difficult | Very Difficult |  |
| 10 | How easy do you find reading aloud? | 1 | 2 | 3 | 4 |  |
| 11 | How easy do you find reciting the alphabet? | 1 | 2 | 3 | 4 |  |
| 12 | How easy do you find spelling words like cucumber / accommodation? | 3 | 6 | 9 | 12 |  |
| 13 | How easy do you find organising your thoughts on paper? | 2 | 4 | 6 | 8 |  |
| 14 | How easy do you find keeping up with conversations in a group? | 1 | 2 | 3 | 4 |  |
| 15 | How easy do you find reading out words fluently and accurately? | 2 | 4 | 6 | 8 |  |
| Total |  |  |  |  |  |

**Adult Test Results**

Please note that:

1. the answers to some of these questions are not just characteristic of people with dyslexia but can also be found in the answers of people who are not dyslexic.
2. The test is not an assessment or a representation of one’s difficulties. It is a tool to give an indication of some of the areas in which a person might be having difficulties, and an indication that further professional assessment may be needed.

**Scores:**

**Please note that these scores should not be regarded as an assessment of one’s difficulties. This is not a diagnostic tool but only used as an indicator.**

|  |  |  |
| --- | --- | --- |
| Probably non-dyslexic | 45 or under | unlikely to be dyslexic. |
| Mild dyslexia | 45 to 60 | showing signs consistent with mild dyslexia |
|  Moderate - severe dyslexia | Greater than 60 | dyslexia-type problem may exist, further advice / diagnostic assessment may be needed. |