

# Dyslexia - assessments for adults

## What is an assessment?

An assessment for dyslexia helps identify strengths and weaknesses and what type of learning best suits you. An assessment usually lasts around 2 hours and consists of a series of exercises which will help the person doing the assessment understand how your brain processes information. Assessments are usually carried out by Educational Psychologists, Occupational Psychologists or dyslexia specialists.

## Why have an assessment?

The reason for having an assessment is different for each person. Some people simply want to know whether or not they are dyslexic. Some people might want to think about the support they need in further and higher education. (An assessment of dyslexia from school will not normally be accepted after school.) Other people might want to think about what support they might need in the workplace – dyslexia is considered as a disability under the law and reasonable adjustments can be requested by employees and employers. Please note that you do not necessarily need to have an assessment in order for your needs to be met.

## How to get an assessment

There are no free assessments for adults and the cost can range from £300 - £500. Dyslexia Scotland has a list of qualified assessors who can carry out assessments for dyslexia. They are either Educational Psychologists or qualified dyslexia specialists and are based in different parts of Scotland. Assessments should only be carried out by people who have qualifications to do this.

There are a number of online screening tools for dyslexia but these will not tell you if you are dyslexic. However they can be useful in giving you some initial information.

## Before you have an assessment

If you work, consider speaking to your employer. Employers are not obliged to help with the cost of an assessment but it might be worth asking them if they will consider this as an assessment could benefit them as well.

## After an assessment

After an assessment you should get a verbal and written report of the findings with suggestions of strategies or software that might help.

You might experience a range of emotions following an assessment. Some people feel relieved or euphoric. Others might feel angry that they have not been able to get help earlier.

There are people you can talk to. Dyslexia Scotland runs Adult Networks for people with dyslexia to share experiences and learn from each other. There is a network of volunteer-led branches across Scotland. Dyslexia Scotland also has an Employment Service to support people with dyslexia in the job search. To find out more about these go to [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk) or contact our Helpline on 0344 800 8484 or [helpline@dyslexiascotland.org.uk](mailto:helpline@dyslexiascotland.org.uk)

The assessment might show that what you are experiencing is not dyslexia but it should still highlight your strengths and weaknesses.

## More information

- 📄 'Dyslexia: A guide for employers', Dyslexia Scotland
- 📄 'Dyslexia: A guide for employees', Dyslexia Scotland

These and all of our leaflets are available to download at [www.dyslexiascotland.org.uk/our-leaflets](http://www.dyslexiascotland.org.uk/our-leaflets)

