

Assessment Choices For Adult Dyslexia

If you are planning to get an assessment for your suspected dyslexia, there are some choices that you must consider. Basically, you can get a formal dyslexia screening or assessment from a couple of professionals that are allowed to do so.

Assessment From An Educational Psychologist (EP)

Your first choice and probably the best would be to get an assessment from an educational psychologist. This kind of assessment is considered to be the most comprehensive. The thing is they cost more.

This kind of assessment, however, are the ones frequently required as standard of proof by Tribunals, Examination Boards, Local Education Authorities, Colleges and Universities; which is why getting one can be really worth it, even if it can cost you much.

Usually, you have to answer a questionnaire for important background information. This is then sent to the Educational Psychologist. Next, you have a vital talk with the EP. You would have to undergo some activities that would usually take 2-2 ½ hours. Then, the EP would give a brief discussion about your results.

Lastly, you will get a confidential full written report, coupled with recommendations. You can get the report more or less in 3 weeks time from your assessment date.

Specialist Teacher Assessment

This kind of assessment is also comprehensive but is not that widely accepted as proof of the condition than the psychologist assessment. The same procedure is usually conducted, as with getting an assessment from an EP.

They also conduct brief assessments, where you have to do some activities for about an hour or so. After you have completed the activities, the specialist teacher will briefly discuss the results with you. He or she would also make some recommendations.

Occupational Therapists (OT)

You can also get an initial assessment of dyslexia from an independent occupational therapist. The yielded results are usually written into an

intervention program that is specially tailored for you. You can then arrange follow up treatments, if you have to do so.

Undergoing occupational therapy would address particular difficulties related to balance and co-ordination. Such difficulties can vary from large or gross movements like riding bicycles to small or fine movements such as penmanship. However, occupational therapy is sometimes considered to be more helpful in addressing dyspraxia, which is a related condition to dyslexia.

Speech and Language Therapy (SLT)

Lastly, you can choose to get an assessment from a Speech and Language Therapist. The therapist can also give you an initial assessment of your condition. Just as with getting an Occupational Therapy assessment, your yielded results will be written into an intervention program that is tailored for you. Then you can arrange for therapy and treatment sessions to start your intervention.

Speech and language therapy is considered to be one of the major intervention programs that people with dyslexia can have. The therapy mainly focuses on language problems, which is the main concern of the condition.

Here, the assessment results already identify what your weaknesses are. The therapist then, automatically devices an intervention program for you to cope up with these specific problems.

Usually, after you get an assessment from an EP or Specialist Teacher, they would recommend you to see a speech and language pathologist to undergo intervention. If they observe that you also have problems with movement, then they would also require you to see an Occupational Therapist.