



Why get a Dyslexia Assessment as an Adult

The reason an adult may go for an assessment for dyslexia could be down to a number of factors. Some of these factors may include:

- You have often had that sense that you learn differently to others.
- Someone you know has gone through the assessment process and you relate to a number of the indicators discussed in conversation. This can happen when a child, sibling or friend gets an assessment and you can relate to their experiences with learning.
- A workplace or college has suggested and/or requires a formal assessment to access reasonable accommodations.

No matter the reason behind getting an assessment, it is important to remember that you have a **choice**. Being assessed for dyslexia enables you to learn about your own profile, identify your needs and access guidance to empower your next steps.

The decision of when to get an assessment depends on individual circumstances. The process requires an emotional, psychological and financial investment in yourself. Ensuring that you are aware and informed in these areas will help guide you.

Sometimes going for an assessment can feel like a lot of pressure, especially if the results are required by a workplace or to gain access to accommodations for an exam. In these cases, it is still important to remember it is a personal decision. This process should be treated in a voluntary, confidential and constructive manner. Working towards a strengths based approach should be the core goal of any assessment for dyslexia.

An assessment for dyslexia should reflect an individual's needs and reinforce the responsibility of a workplace or education institution to support those needs. These needs can be made clear through your communication and what you choose to disclose.

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Reasons to get an assessment

- 1 A decision you have come to for yourself
- 2 Develop insight of your own way of working and learning
- 3 Empower yourself with knowledge and develop strategies
- 4 Gain access to accommodations in education and the workplace
- 5 Reinforce a kindness to yourself and foster self discovery