



Dyslexia and technology



This factsheet tells you how people with dyslexia can use technology.

How to use this factsheet



We are **AbilityNet**.

We help disabled people to use technology.
Like computers and tablets.



This is an easy read factsheet.
You may still need help to read it.
Ask someone you know to help you.



For more information you can phone or email us.



Phone **0800 048 7642**



Email **enquiries@abilitynet.org.uk**

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1. What this factsheet is about



Dyslexia is a learning difference.

This means that people with dyslexia learn differently to people without it.

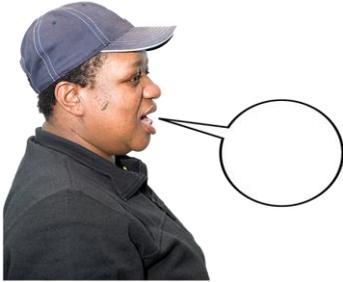


Dyslexia affects how people

- read
- write
- spell.



1 in 10 people are dyslexic.



Dyslexia affects different people in different ways.

For example, dyslexia can affect how people speak.



Dyslexic people can also struggle with maths or remembering things.

And dyslexia can affect how they see and hear the world around them.



People with dyslexia can find it hard to

- read and understand new things
- plan and write letters or emails
- fill in forms



They can also find it hard to

- meet deadlines
- take notes in meetings
- organise their lives.



People with dyslexia are often very good at solving problems.

People with dyslexia are often very creative and very successful.



This document will help people with dyslexia to use technology like computers, tablets and smartphones.

2. Technology that helps people with dyslexia



You can do things to stop dyslexia making your life hard.

And you can remember there are good things about being dyslexic.



Technology and computer **software** can help dyslexic people with

- reading
- spelling
- writing
- organisation.



Software is what makes a computer do useful things.



You can use software to

- control a computer with your voice
- read books and text out loud
- check your spelling.

3. Help with reading

You can change how the text looks



You can change how text looks on a computer screen.

This can make it easier for you to read.



Here are some ways to change the way text looks on the screen

- make the text bigger or smaller



- use the zoom to make the size of the page bigger or smaller
- make the spaces between rows of text-bigger

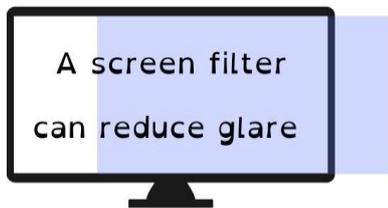


- choose a font that is easy to read
- choose a colour for the text easy to read.



Many dyslexic people do not like the glare of the white background on a computer screen or tablet or whiteboard.

The glare can make it harder to read.



You can put a coloured filter over the screen to make it easier to read.



My Computer My Way

We made the **My Computer My Way** website to help people use technology.

You can find out how to make these changes.

www.mcmw.abilitynet.org.uk

You can change text to speech



Text to speech software reads the text on a computer screen out loud to you.

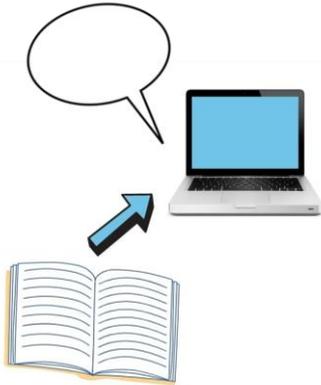


Text to speech software can help you to check things you have written.



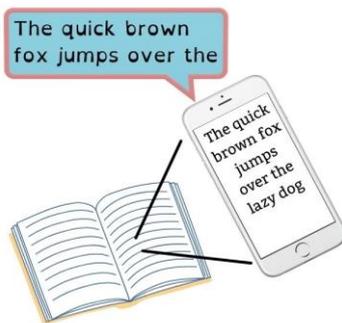
It is easier to hear if you have made any mistakes.

You can scan text



Scanning changes typed or printed documents into text.

Your computer or tablet can then read it out loud to you.



You can also use apps on your smartphone to take a photo of a page of text.

It can then read it out loud to you.

For example the **Speechify** app.



Reading pens can help you to read text or document.

You move the reading pen over some text and the pen reads the words out loud.



Most reading pens can also tell you what any hard words mean.

4. Help with writing

Checking and correcting spellings



Software like Microsoft Word will help you check your spelling and grammar.

It shows mistakes as you type.

It can also correct your mistakes for you.



You can also use **voice assistants** to help you spell hard words.

Voice assistants are technology that can hear your voice and follow your instructions.



Some well-known voice assistants are

- Apple Siri
- Microsoft Cortana
- Google Assistant
- Amazon Alexa.



You can buy voice assistant speakers for your home.

Most smartphones have a voice assistant app.

You can ask it to spell words.



Predictive text

Predictive text guesses what words you are about to type.

This can help save time and make your spelling better.



Most smartphones use predictive text.

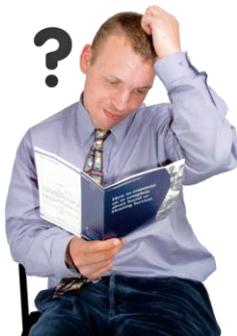
You can also get predictive text software for your computer and tablet.

Using your voice



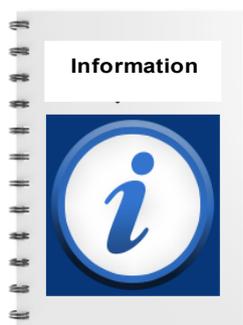
You can get software that types what you say onto your computer.

We call this voice recognition software.



Voice recognition software can help you to spell hard words.

It can also change how text looks on a page.



We have another factsheet called **Voice recognition – an overview.**

This tells you how to use voice recognition to make your life easier.

5. Help to get more organised

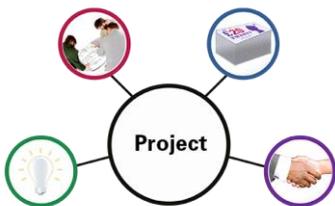


Using mind maps

If you have dyslexia you might find it difficult to organise information when you are writing documents and reports.



Mind mapping is a way to help you to collect ideas quickly without worrying about the order.



You can add links between the ideas to make an order later.

This can also help with remembering things.



- you can draw mind maps by hand

- you can get mind map computer software



- you can also get mind map apps for your smartphone and tablet.

6. Training for people with dyslexia



Having training can help people with dyslexia to get the most from their computer software.



Training works best when it is spread out over time.



Training works best when it is designed to help your individual needs.



Having regular training will help you learn new skills and do a better job.

7. Helping dyslexic people at work and school



Employers and schools and colleges must follow a law called the **Equality Act 2010**.

This law says it is illegal to treat someone unfairly because of their disability.



The law says employers and schools and colleges must make sure disabled employees and students can do their work.



Employers and schools and colleges may need to make **reasonable adjustments** so disabled people can do their work.



Reasonable adjustments are changes in workplaces and services so that everyone can use them.

This includes people with dyslexia.



If you are dyslexic your employer can

- make changes to work deadlines
- offer training and support
- give you the right technology and software.



Employers who support staff with dyslexia will help them to do a better job.

Staff will also be happier at work.

They will take less time off for sickness.



Schools and colleges who help dyslexic students will make them happier.

Dyslexic students will do better in their courses.



If dyslexic people do not get help and support they will find it harder to get

- new skills
- new qualifications
- better jobs.



Employers and schools and colleges that do not make **reasonable adjustments** might be breaking the law.

8. Where to get more help



The British Dyslexia Association want a dyslexia friendly society for everyone.

- Phone **0333 405 4555**.
- **www.bdadyslexia.org.uk**



CALL Scotland helps children and young people with disabilities in Scotland.

- Phone **0131 6516236**.
- **www.callscotland.org.uk**



Dyslexia Action trains professionals who work with people with dyslexia and other learning difficulties.

- Phone **01784 222304**.
- **www.dyslexiaaction.org.uk**



The Dyslexia Association helps dyslexic children and adults. They also train educators and employers.

- Phone **0115 9246888**.
- **www.dyslexia.uk.net**

9. How we can help you



My Computer My Way

The **My Computer My Way** website explains how to make your computer, tablet and smartphone accessible.

- Website mcmw.abilitynet.org.uk



Advice and information

If you have any questions you can contact us at AbilityNet. We are here to help you.

Phone **0800 048 7642**

Email enquiries@abilitynet.org.uk



IT support at home

AbilityNet volunteers can help you with your computer, laptop, tablet or smartphone.



If you need support at home you can book an AbilityNet volunteer to visit you.

www.abilitynet.org.uk