



Living & Loving Dyslexia

Decoding Dyslexia VA
Prince William County



WHO We Are & WHY

Our Mission



WHAT - WHY - HOW

1.

- What is Dyslexia
- How common
- Tribulation
- Success

2.

- Neurodiversity
- Similar and coexisting disorders

3.

- Reading
- Writing
- Math

Specific Learning Disorder



- reading disorder
- mathematics disorder
- disorder of written expression

Can occur together and with other diagnoses such as dyspraxia, anxiety, depression, adhd, or ocd

Who Assess vs. Diagnose

Assessment

- Parents / Family
- School Teachers
- Speech Therapists
- School Counselors
- School Psychologists
- Optometrist
- Physical Therapists
- Occupational

Diagnosis

- Physicians, MD, DO
- Neurologist, MD
- Physician Assistant, PA
- Nurse Practitioners, NP
- Educational Psychologists, PhD, PsyD
- Human Services Professionals
 - Licensed Professional Counselors (LMHC, LPC)
 - Licensed Social Workers (LCSW)
 - Licensed Marriage and Family Therapists (LMFT)

A background image showing several white, square letter tiles scattered on a light-colored wooden surface. The tiles are arranged in a way that suggests they are being used for a word-building activity. The tiles are white with black letters, and the wood grain is visible in the background.

What is Reading

Rate

Accuracy

Fluency

Comprehension

"Decoding (D) x Language Comprehension (LC) = Reading Comprehension
(RC) Gough & Tunmer 1986"

Dyslexia

Dyslexia /dɪs-lɛk'sē-ə/: is a specific learning disability that affects reading and related language-based processing skills, such as the sounds of language like phonemes.



It is neurological in origin and often runs in families.

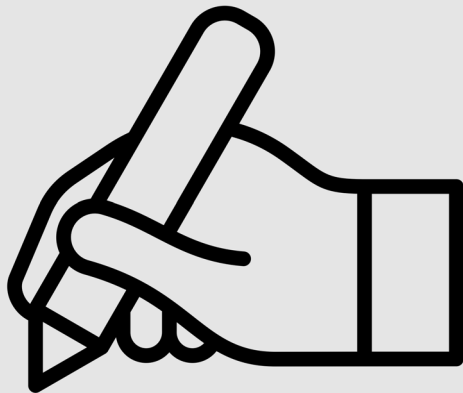
According to studies conducted at Yale up to 20% of the population can have an SLD and they can be identified as early as age 5.5.

Includes:

- **Difficulty reading accurately and fluently**
- **Problems with decoding words**
- **Difficulty with phonological awareness and processing**
- **Challenges with Spelling**
- **Slow, effortful reading**

Dysgraphia

Dysgraphia /dīs-grāf'ē-ə/:
is a learning disability that
affects writing abilities.

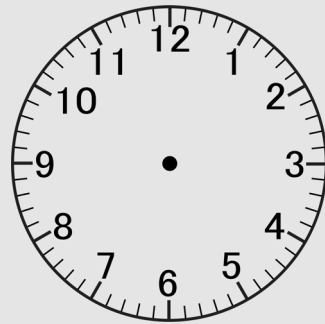
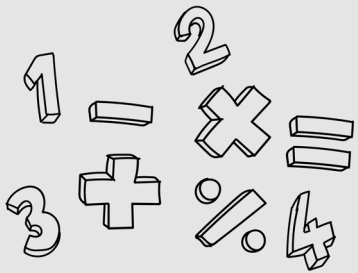


Includes:

- legible handwriting
- Poor spatial planning on paper
- Challenges with organizing thoughts coherently
- Difficulty with grammar & syntax
- Slow writing speed

Dyscalculia

Dyscalculia /dɪsˈkʌl-kyoʊˈlɛ-ə/: is a specific learning disability that affects a person's ability to understand numbers and learn facts.



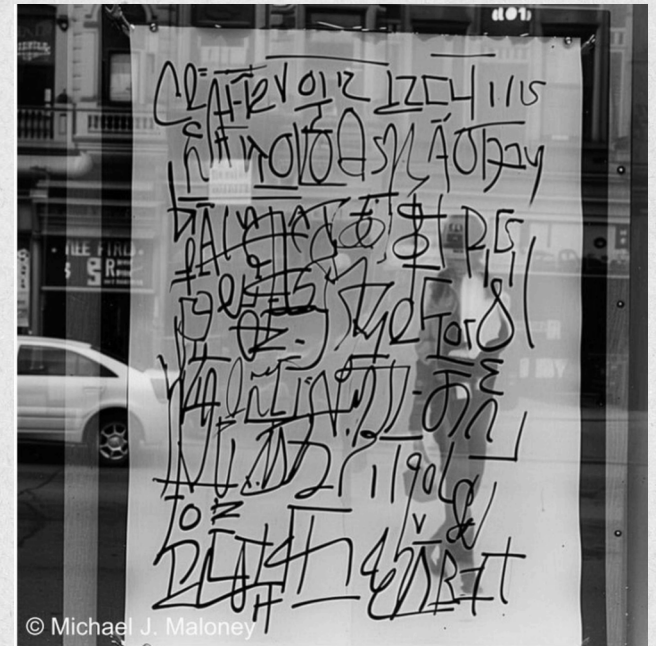
$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

Includes

- Difficulty with number concepts
- Challenges with basic arithmetic
- Poor memory for math facts
- Struggles with money management
- Avoidance of cash transactions
- Weak working memory and sequential memory
- Problems with spatial orientation
- Difficulty understanding and managing time
- Reliance on fingers or marks for calculations

Challenges of 3 D's

- Occur singularly or combined
- Twice Exceptional
- Academic struggles
- Low self-esteem
- Anxiety, Depression, ADHD
- Social challenges
- Career impact
- Misunderstanding and stigma



© Michael J. Maloney

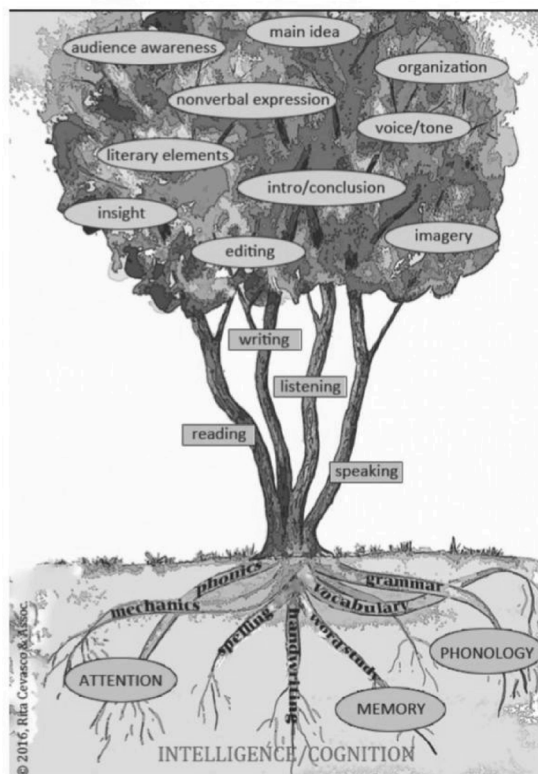
- **Strengths:** High intellectual ability or talent, empathic, systems thinker
- **Challenges:** Mental, Physical, or Both
- **Support:** Requires both enrichment for strengths and accommodations for learning difficulties

Twice-Exceptional (2E) Gifted + Specific Learning Disability



How do you get to the TOP of the Learning Tree?

- **Roots**
- **Branches**
- **Canopy**



(Rooted in Language 2023)

Sequence for SLD

Experience

- Struggles with reading, writing, or math
- Challenges with organization, memory
- Feelings of frustration, low self-esteem

Impact

- Affects academics, daily life
- Can lead to school, work challenges
- Early identification, intervention crucial

Support

- IEP, 504 Plan
- Specialized instruction, accommodations
- Positive support from teachers, family, peers

Strengths of 3D's

- **Creativity**
- **Problem-solving skills**
- **Strong visual and spatial awareness**
- **Ability to think outside the box**
- **Strong reasoning and critical thinking skills**
- **Strong comprehension of material when read aloud**



© Michael J. Maloney

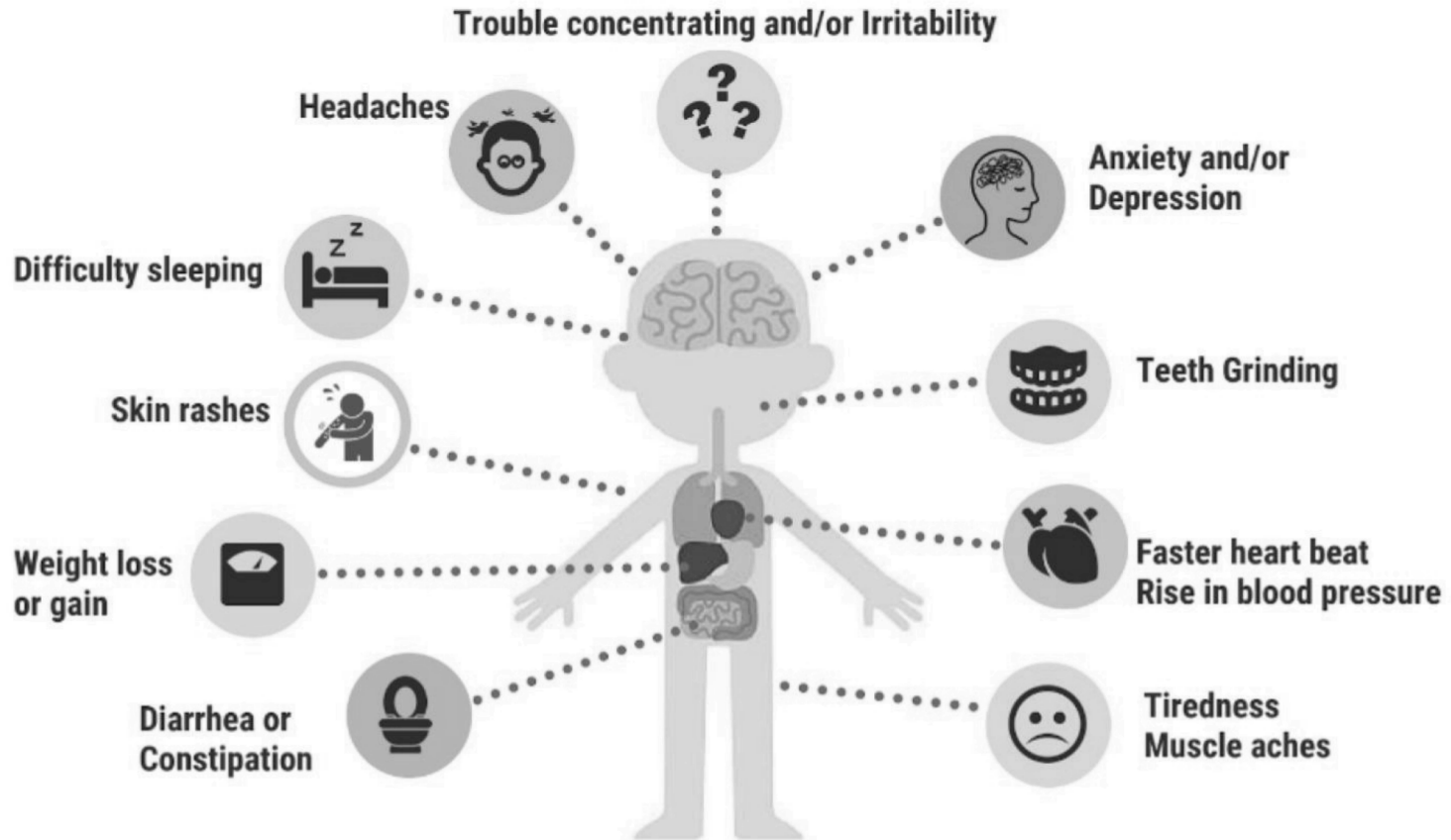
Negative Effects

Flight-Fight Response



- **Fight** - Argue or pick fights. Bully others or disrespect property
- **Flight** - Run away - Ask for hall pass for the bathroom, the counselor, or the nurse
- **Freeze** - Go inward. Stay silent
- **Fawn** - It's all good! Of course I know this. Fake it until you make it
- **Fix*** - So let's try this. The person is the helper, the rescuer (*©RRNorris)

What are the effects of chronic stress on the body?



Success Is Possible

Ingvar Kamrad



Barbara Corcoran



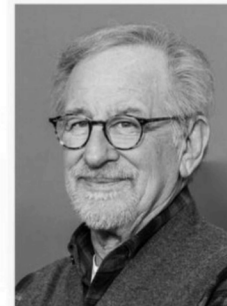
Woopi Goldberg



Richard Branson



Steven Spielberg
KBE



Henry Winkler



Agatha Christie



Orlando Bloom



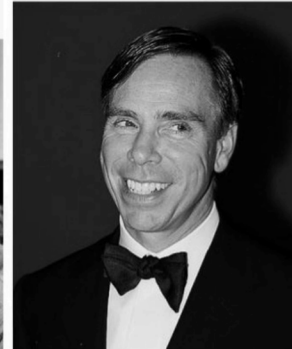
Daymond John



Jamie Oliver
MBE OSI



Tommy Hilfiger



Cher



© Dr. Robin Raniero Norris

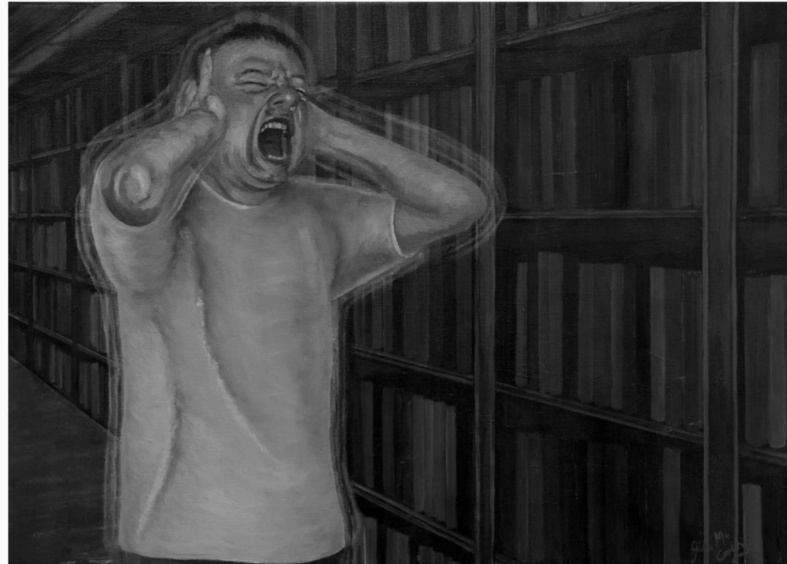
Reading Activity

Red
Yellow
Blue
Green
Purple
White
Black

Someone with dyslexia may see print like this instead of whole letters and words which explains to those without dyslexia why it proves difficult to comprehend when reading or writing

Someone with dyslexia may see print like this instead of whole letters and words which explains to those without dyslexia why it proves difficult to comprehend when reading or writing

Writing Activity

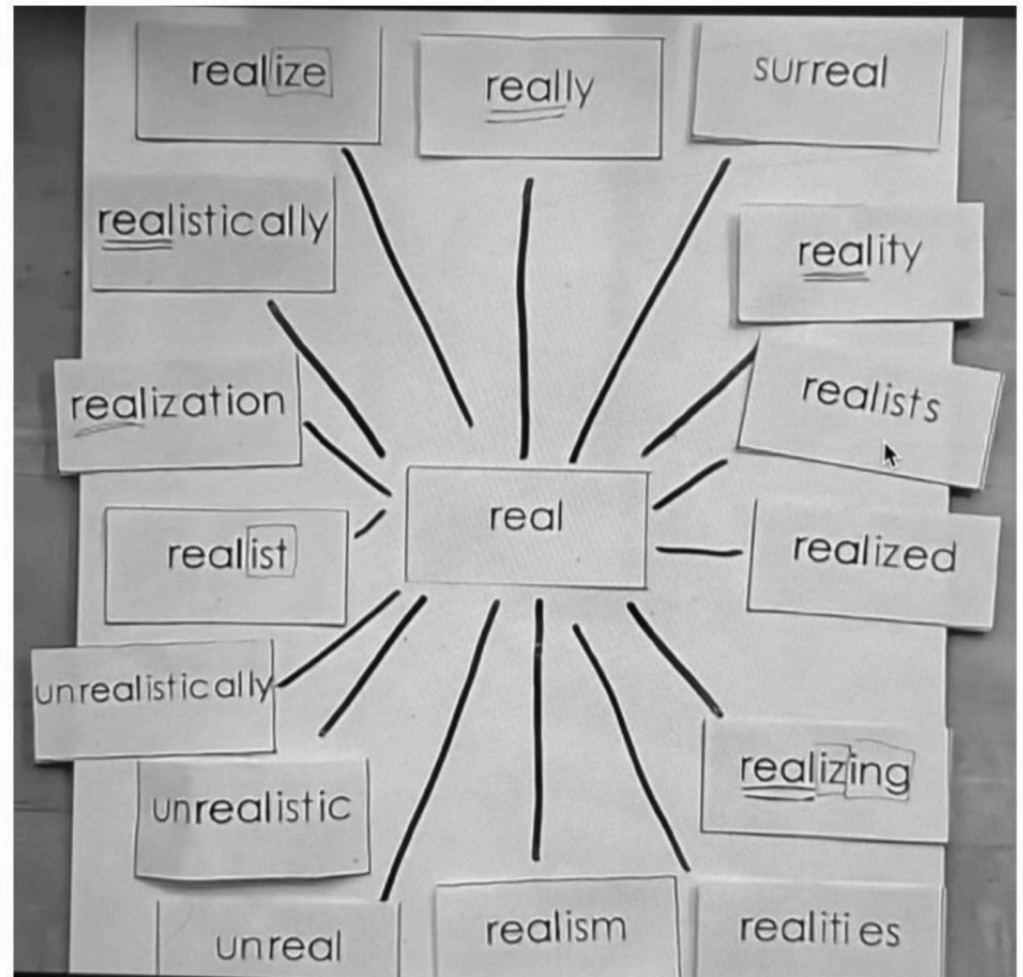


'Frustration' Oil on Canvas 405mm x 557mm 19-2-2015 (In Collection of the Libary of Crawford College of Art & Design, Cork, Ireland)

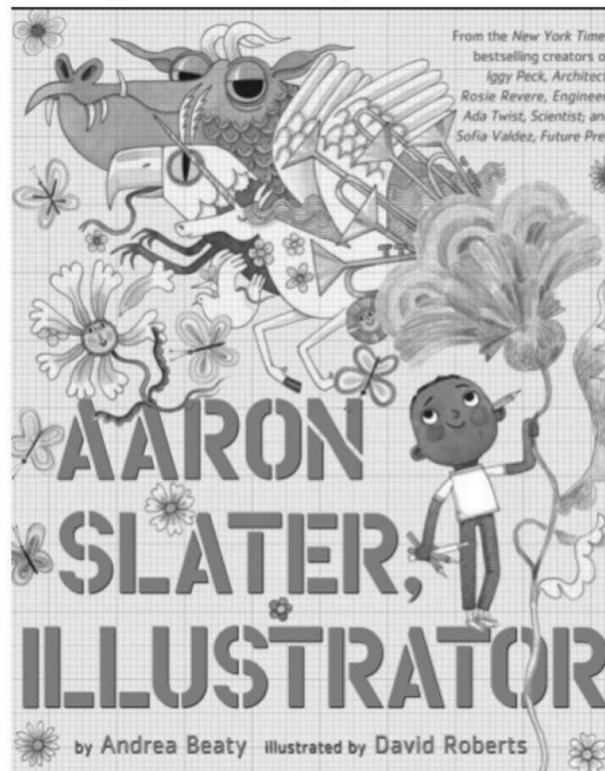
Real(ly)

This Is

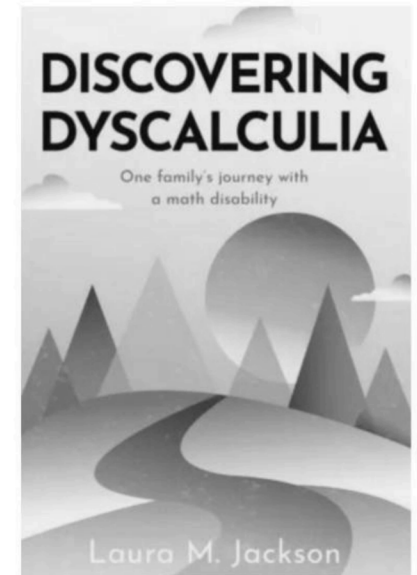
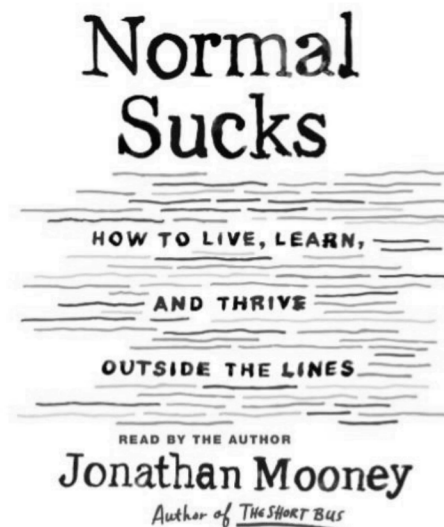
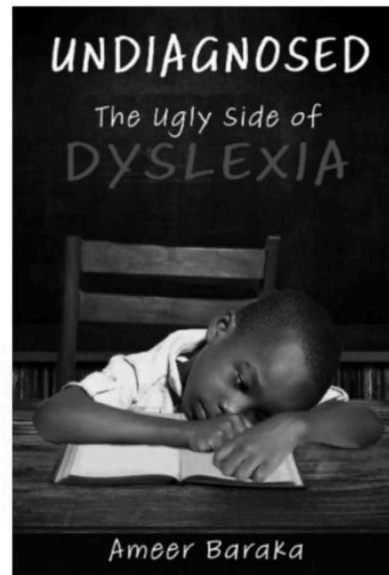
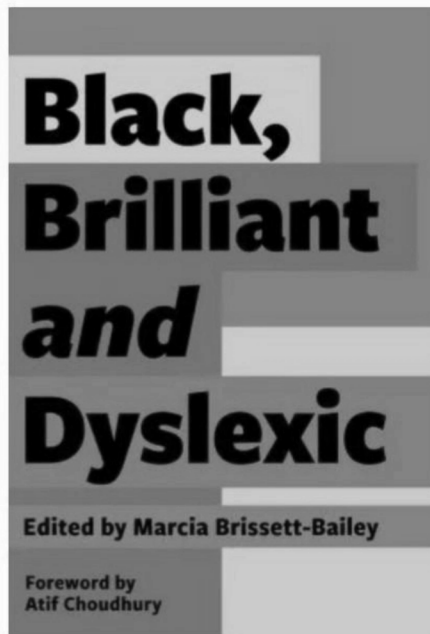
Real(ity)



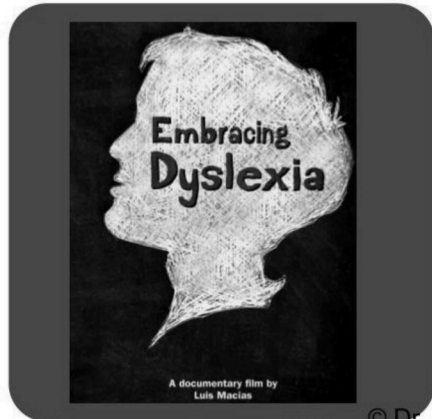
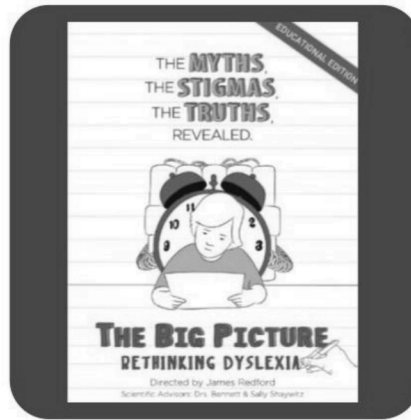
Resources - Books for Children



Resources - Books for Adults



Resources - Movies



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Listening Can Be Reading

HOW AUDIO PROMOTES LITERACY

BENEFITS OF AUDIO TO LEARNING HOW TO READ

The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children.

-Becoming a Nation of Readers: The Report of the Commission on Reading

INCREASES READING
ACCURACY BY
52%



IMPROVES
COMPREHENSION
BY **76%**

Provides context, helping children decode words and comprehend challenging text.

TEACHES



INCREASES
READING SPEED

IMPROVES
FLUENCY

PRUH • NUHN • SEE • YE • SHUN

EXPANDS
VOCABULARY



BENEFITS OF AUDIO TO OTHER TYPES OF LEARNING

Children who are better listeners are also better learners.

-North University of Texas professor emeritus Sara Lundsteen



85%
of what we learn,
we learn by listening.



TEST SCORES
INCREASED
21%
when engaged in
multi-modal learning
versus single-mode.



Combining print and audio
increases recall 40%
over print alone.



**2 GRADE
LEVELS**

Students can listen and
comprehend 2 grade levels above
their reading level.

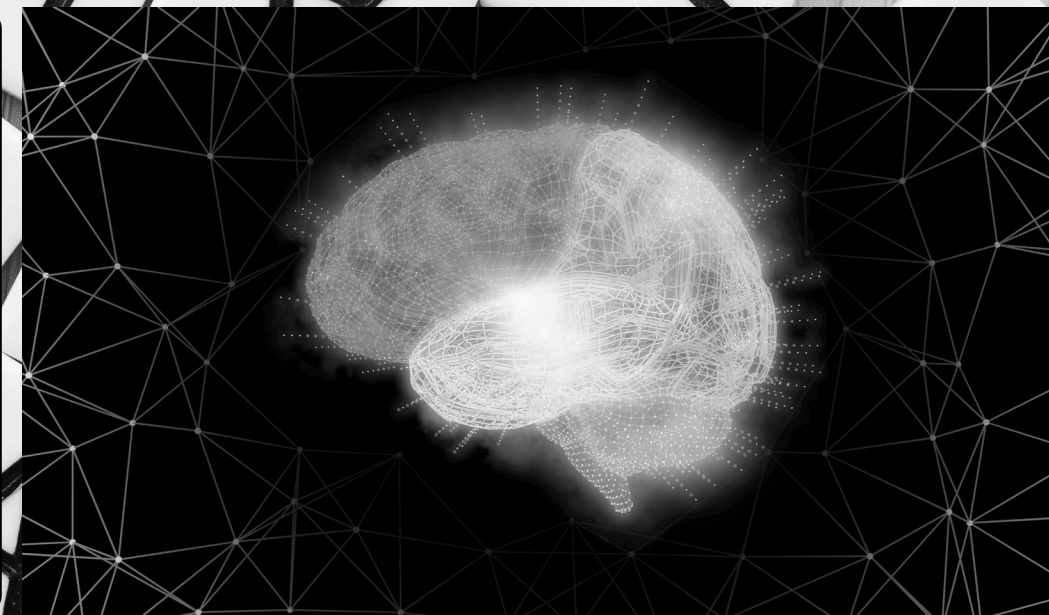
INCREASES
MOTIVATION
BY **67%**



27%
of the K-12 population
are auditory learners.

Sources available at soundlearningapa.org/docs/bibliography.pdf

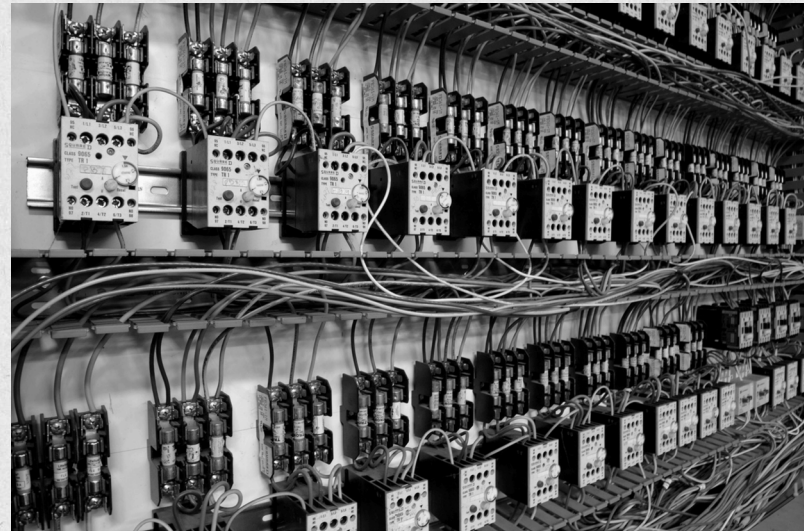
Neurodivergent



What is Neurodiversity

Neurodiversity encompasses the understanding that neurological differences, including autism, ADHD, dyslexia, and others, constitute a vital aspect of human diversity.

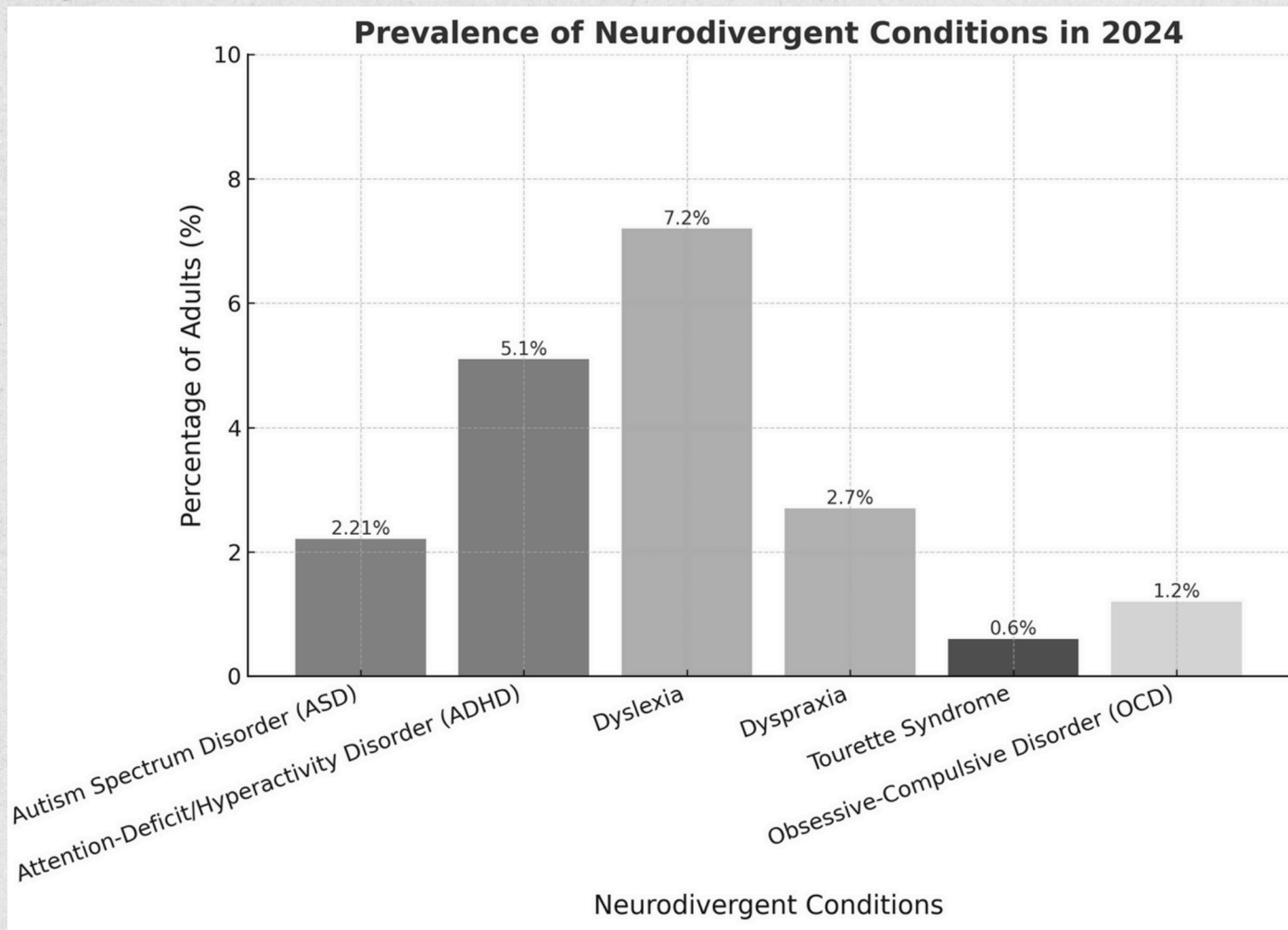
These variations should be acknowledged and respected in the same manner as any other form of human diversity.



Forms of NeuroDiversity

- **Autism Spectrum Disorder (ASD)**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Dyslexia**
- **Dyscalculia**
- **Dyspraxia**
- **Tourette Syndrome**
- **Sensory Processing Disorder:** Difficulty processing sensory information, leading to heightened sensitivity or under-responsiveness to stimuli.
- **Intellectual Disabilities:** Cognitive impairments that affect adaptive functioning and daily living skills.
- **Bipolar Disorder:** A mental health condition characterized by mood swings, including emotional highs (mania) and lows (depression).





****Centers for Disease Control and Prevention (CDC)**

****Neurodiversity in the Workplace Report 2024**

Principles of Neurodivergent Paradigm

Pathologizing

The traditional medical model tends to pathologize neurodivergent conditions, viewing them as deficits or abnormalities that require correction or treatment. The neurodiversity paradigm challenges this perspective, suggesting that focusing exclusively on "deficits" ignores the strengths and talents that neurodivergent individuals may bring to society.

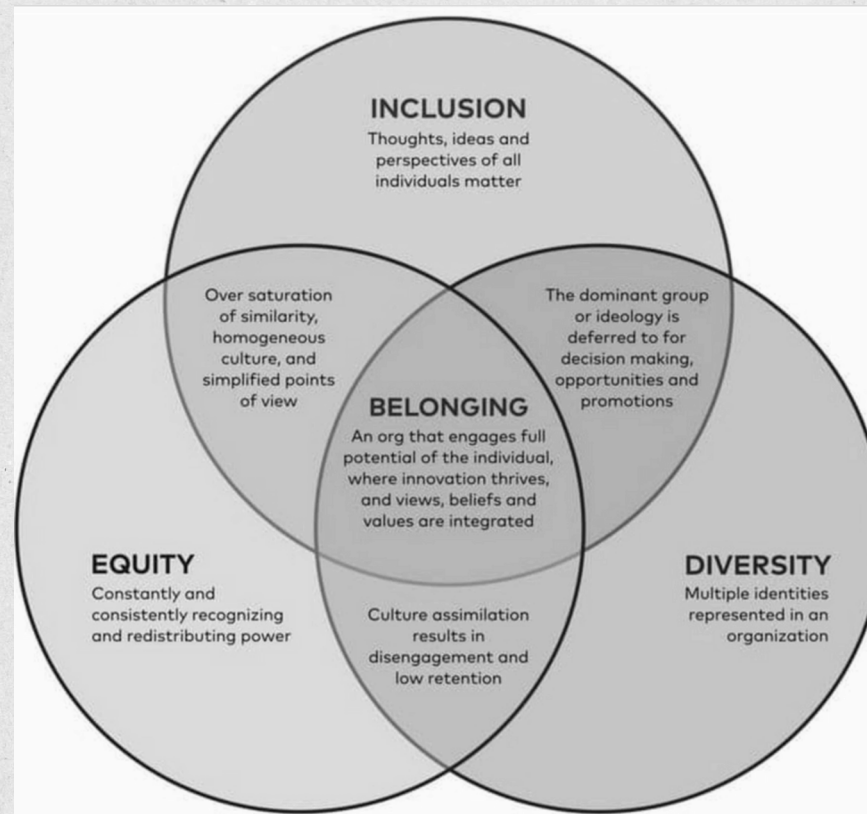
Strengths Based Approach Is Key

Rather than forcing neurodivergent individuals to conform to societal norms, the neurodiversity paradigm advocates for making the environment more inclusive and accessible focusing on the strengths and abilities of the person.

Natural

Autism Spectrum Disorder (ASD), ADHD, Dyslexia, Dyspraxia, and others, are considered part of the natural variation in human cognition.

Importance of Inclusion



Is it a
Disability
Disorder
Superpower?



Celebrate

Real-Life Examples of Famous
Neurodiverse Individuals & Growing...





As Parents
Educate, Advocate, Support



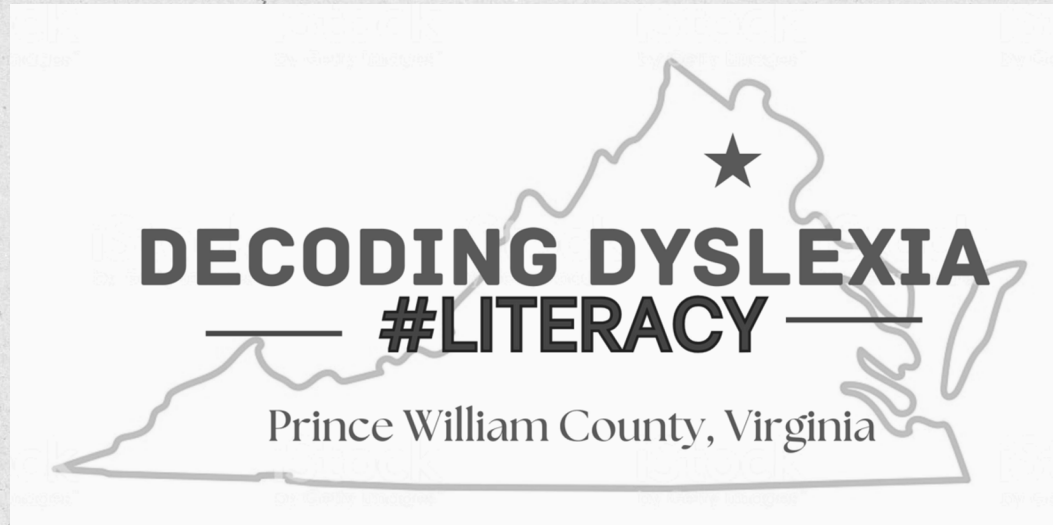
Community is Key



Counselors

Faith Based

Therapists



Family

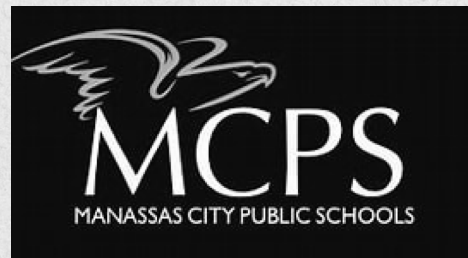
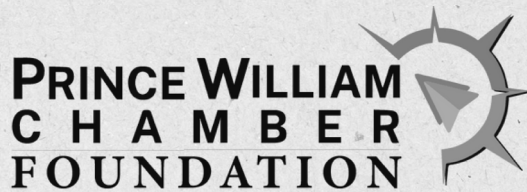
**Academic
Therapists**

Businesses

Teachers

Neighbors

Our Partners



Questions & Contact Us

“Parenthood offers many lessons in patience and sacrifice. But ultimately, it is a lesson in humility.”

-Michael Gearson

<https://decodingdyslexiavapwc.org>

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