



Dyslexia Assessment & Consultancy

Experts working with dyslexia and neurodiversity

41 Cardigan Street, Kennington, London SE11 5PF

020 7582 6117 // 020 7820 1970

www.workingwithdyslexia.com // info@workingwithdyslexia.com

EVERYDAY ACTIVITIES CHECK LIST

*Please tick the items which you feel cause difficulty or which you avoid altogether.
For some activities, you may simply now do things differently but imagine if you still
had to do these things*

- Having to write something in front of someone
- Filling in forms
- Writing letters
- Reading letters
- Reading official documents
- Reading a newspaper
- Understanding operating / safety instructions
on household gadgets
- Reading the TV schedule
- Reading recipes
- Reading bus / train timetables
- Making shopping lists
- Dealing with money and change in shops
- Checking spending against bank statements

- Keeping track of outstanding bills.....
- Explaining things clearly to others.....
- Placing orders over the telephone.....
- Conducting enquiries over the telephone
- Following spoken instructions
- Following left-right instructions
- Reading maps
- Reading signposts.....
- Finding your way in a strange place
or complex environment, e.g., tube station.....
- Remembering where things have been put.....
- Taking down telephone numbers correctly.....
- Remembering messages
- Remembering appointments
- Planning & scheduling activity in advance.....
- Organising daily life
- Concentrating for longer than an hour.....
- Working continuously for longer than an hour

If you have ticked a good number of these items, you might wish to consider having an assessment to identify whether you have dyslexia, or another related difficulty such as dyspraxia. Do contact us with any questions or for advice about how to move forward.

Our **contact details** are at the top of the first page.