



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

SCREENING CHECKLIST for VISUAL PROCESSING DIFFICULTIES

Reading difficulties may be related to visual problems which are not picked up in routine eye tests. If reading regularly induces headaches or eye strain, if print appears to be unstable, or even 'jump about' and white paper appears to 'glare', then it may be worth consulting a (behavioural) optometrist who offer a comprehensive assessment and management of problems involving binocular vision (accommodation and convergence) disorders, and visual stress, in addition to the standard sight-test comprising refraction and ocular health assessment.

There is no established connection between dyslexia or any form of SpLD and the condition known as visual stress. However, assessors at Dyslexia Assessment & Consultancy will screen for visual difficulties in a diagnostic assessment, in order to separate reading difficulties resulting from a visual disturbance condition and those arising from dyslexia.

Solutions may include spectacles, eye exercises or colorimetry. If a coloured overlay is found to be of sustained benefit, tinted glasses may be recommended. This checklist will help to determine whether referral to an optometrist with expertise in these areas is advisable.

Please also see QUICK GUIDES: What are Visual Difficulties?

Tick if Yes

1. Have you been prescribed glasses?
2. Does reading make you tired?
3. Do you often lose your place when reading?

4. Do you reread or skip lines when reading?
5. Do you ever read words/numbers back to front?
6. Do you miss out words when reading?.....
7. Do you tend to mis-read words?
8. Do you use a marker or your finger to keep the place?
9. Are you easily distracted when reading?
10. Do you become restless or fidgety when reading?
11. Do you get headaches when you read?
12. Do your eyes become sore or water?
13. Do you screw your eyes up when reading?
14. Do you rub or close one eye when reading?
15. Do you read close to the page?
16. Do you push the page away?
17. Do you prefer dim light to bright light for reading?
18. Does white paper (or white board) seem to glare?
19. Does it all become harder the longer you read?
20. Does print become distorted as you read?.....

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