

## Dyslexia-friendly self-help resources on dyslexia

These resources are alternatives to books e.g. videos and podcasts.

They give information on dyslexia including personal stories and tips.

Name of resource and url	Format	Description
Dyslexia Scotland podcasts <a href="https://soundcloud.com/dyslexiascotland">https://soundcloud.com/dyslexiascotland</a>	Podcast (audio)	Interviews of dyslexic adults presented by David Thomson, a journalist and a media volunteer for Dyslexia Scotland. A wide range of ages from a variety of occupations.  From Scotland.
The Codpast <a href="http://www.thecodpast.org/tag/the-codpast">http://www.thecodpast.org/tag/the-codpast</a>	Podcast (audio)	Monthly interviews of dyslexic adults presented by Sean Douglas of the Codpast.  From England.
Dysadvantage podcasts and videos <a href="http://www.dysadvantage.com">http://www.dysadvantage.com</a>	Podcast (audio); Video	The podcasts are interviews of successful dyslexic people from around the world presented by Kyle Ram of Dysadvantage.  The videos are intended to inspire and motivate dyslexic people.  From England.
Dyslexia Quest <a href="https://itunes.apple.com/gb/podcast/the-dyslexia-quest-podcast/id901156826?mt=2">https://itunes.apple.com/gb/podcast/the-dyslexia-quest-podcast/id901156826?mt=2</a>	Podcast (audio)	Regular (usually 1 or 2 per month) podcast by dyslexic adult and dyslexia specialist Elisheva Schwartz. Interviews with dyslexic adults about dyslexia. Very detailed.  From USA.

<p>'My Dyslexia Story' by Klaire de Lys  <a href="https://www.youtube.com/watch?v=1TRPqFqY4Vc">https://www.youtube.com/watch?v=1TRPqFqY4Vc</a></p>	<p>Video</p>	<p>Klaire de Lys tells the story of how the Davis Method helped her.  From UK.</p>
<p>Dyslexic Advantage videos  <a href="https://www.youtube.com/user/DyslexicAdvantage/videos">https://www.youtube.com/user/DyslexicAdvantage/videos</a></p>	<p>Video</p>	<p>Conference talks.  From USA.</p>
<p>'Because I'm dyslexic' video clips  <a href="http://www.dyslexicadvantage.org/dyslexic-advantage-programs/because-im-dyslexic">http://www.dyslexicadvantage.org/dyslexic-advantage-programs/because-im-dyslexic</a></p>	<p>Video</p>	<p>Short video clips in which people describe which particular dyslexic strengths have led them to achieve.  From USA.</p>

For a list of self-help books on dyslexia, see [Dyslexia Scotland's leaflet webpage](#) (under 'Further reading' at the foot).