

Instructions and Forms Guidance

Instructions

- [YouTube](#) is a great place to find out how to do almost anything!
- Ask a company for an alternative format of instructions, or make your own
e.g. flow chart or mindmap

Forms

- Ask for alternative formats – even for job applications but you'll need to know what you need – different font, different paper colour, online, paper copy, audio etc.
- Advise the company/person that you are dyslexic and find forms difficult. Often they can be completed for you (as much as possible) – e.g. some bank account applications, joining forms.
- Ideally, helping you to complete forms should be done somewhere private, if you are giving out personal/financial/medical details. They may also give you the form to take away and fill out what you can and arrange an appointment for you to discuss those parts you find difficult.