



## Post-Assessment Pack for Adults (PAPA)

A compilation of resources for adults who have recently discovered they are dyslexic or have recently taken positive action to learn more about dyslexia.

### General

- Dyslexia Adult Masterclass Part 1 'What is Dyslexia?' ([YouTube video](#))
- Assessments for Adults ([our leaflet](#))
- Flowchart for assessment ([our flowchart](#))
- How is dyslexia assessed? ([video by Jennie Guise](#))
- What's in an assessment report? ([assessment template](#))
- Self-help books about dyslexia ([self-help books about dyslexia](#))
- Self-help resources ([self-help podcasts and videos](#))

### Personal Life

- Instructions and Forms Guidance: non-work related ([our guidance](#))
- Numbers Guidance ([our guidance](#))
- Dyslexia-friendly formats ([our leaflet](#))
- IT/Assistive Technology ([our leaflet](#))
- Organisation/prioritisation ([our leaflet](#))
- Partner relationships ([BDA article](#))
- Dyslexia counselling resources ([COSCA resources leaflet](#))
- Psychological impact of dyslexia ([Pennie Aston article](#))

### Confidence/self esteem

- Self-confidence/self-esteem ([our leaflet](#))
- Social and communication skills ([Sylvia Moody article](#))
- Emotions when identified later in life ([Sylvia Moody article](#))
- Dyslexia Adult Masterclass Part 3 'Dyslexia and Emotions' ([YouTube video](#))

### Studying with Dyslexia

- Dyslexia Adult Masterclass Part 2 'Working and Studying with Dyslexia' ([YouTube video](#))
- Note-taking ([our leaflet](#))
- Dyslexia-friendly formats ([our leaflet](#))
- Organisation/prioritisation ([our leaflet](#))
- Study skills ([our leaflet](#))
- Guide for students ([our leaflet](#)) | lecturers ([our leaflet](#))



## Work Life

- Dyslexia Adult Masterclass Part 2 'Working and Studying with Dyslexia' ([YouTube video](#))
- Disclosure of dyslexia at work ([our leaflet](#))
- Applying for Jobs ([our leaflet](#)) and Job Interviews ([our leaflet](#))
- Access to Work (<https://www.gov.uk/access-to-work>)
- Access to Work online guidance: ([Understanding the Access to Work grant](#))
- Reasonable Adjustments in the workplace ([our guidance](#))
- The working environment ([Differently Wired blog](#))
- IT/software/Apps to help at work ([CALL Scotland leaflet](#))
- Training courses at work ([our leaflet](#))
- Changing job or career ([Career Development Service](#))
- Early Career information for 18-25 year olds ([Early Career Launchpad](#))
- Discrimination at work – (Scottish Union Learning: [Dyslexia Guide](#))
- Positive work role models ([Dyslexic Career Journeys](#))
- Dyslexia at Work infographic ([our infographic](#))

## Dyslexic Strengths

- Learning about your dyslexic strengths ([Made by Dyslexia YouTube film](#))
- Three Dyslexia Strengths Explained ([TTRS YouTube video](#))
- Dyslexia Strengths: What are you really good at? ([DyslexiaDaily.com poster](#))
- Positive role models ([Our Ambassadors](#) and [Young Ambassadors](#))

## Next Steps/Resources

- Dyslexia Scotland leaflets ([our leaflets](#))
- Adult Networks information ([our Adult Networks](#))
- Adult Network meetings ([Events page](#))
- Dyslexia Scotland Blog ([A Life Less Ordinary DS](#))
- Helpline ([our Helpline page](#))
- Dyslexia Scotland on YouTube ([Dyslexia Scotland TV](#))
- Assistive technology ([CALL Scotland website](#))
- 'Dyslexia and Us' book (published 2011; Amazon [paperback](#) or [Kindle](#))

Please note: we have included in the list, links to publicly available free resources. Not all of these are prepared by Dyslexia Scotland, but we know that they have provided useful content for our members.