Screening and assessment for SpLDs (Specific Learning Differences - dyslexia, dyspraxia, ADHD, dyscalculia) and ASC (Autistic Spectrum Condition)

See our [Accessibility and Inclusion webpage](https://studyhub.fxplus.ac.uk/accessibility-inclusion/free) for more information about these learning differences.

# Free (or cheap) screening options

## Dyslexia

Find out about the signs of adult dyslexia on this ‘[Am I dyslexic?](https://www.bdadyslexia.org.uk/advice/adults/am-i-dyslexic/signs-of-dyslexia)’ page from the British Dyslexia Association then complete the [Adult Checklist](https://cdn.bdadyslexia.org.uk/documents/Dyslexia/Adult-Checklist-1.pdf?mtime=20190410221643&focal=none), which has some basic scoring.

## Dyspraxia

Read this [Dyspraxia Foundation factsheet on adult diagnosis of dyspraxia](https://dyspraxiafoundation.org.uk/wp-content/uploads/2013/10/Adult-diagnosis-factsheet-final-august-20151.pdf). You can do this [Adult Dyspraxia Checklist](https://www.bristol.ac.uk/media-library/sites/disability-services/documents/Adult%20Dyspraxia%20Checklist.pdf) which comes with [instructions and scoring.](https://dyspraxiaaction.files.wordpress.com/2015/10/the-adult-dcd-guidelines-2011.pdf)

## ADHD

The [online ADDitude magazine](https://www.additudemag.com/) has a huge amount of information on AD(H)D including this [‘Do I have ADD?’ checklist](https://www.additudemag.com/adult-test-for-add-adhd/).

[The Adult ADHD Self-Report Scale](https://nyulangone.org/files/psych_adhd_checklist_0.pdf) is widely used by professionals for ADHD screening.

(Note: if you need medication for ADHD, you must have a medical diagnosis. [See ADHD UK's Diagnosis pathways for Adult ADHD](https://adhduk.co.uk/diagnosis-pathways/) for guidance.)

## Dyscalculia

Start by reading ‘[What is Dyscalculia](http://www.stevechinn.co.uk/dyscalculia/what-is-dyscalculia)?’ by expert, Steve Chinn, and download his [Dyscalculia checklist](http://www.stevechinn.co.uk/dyscalculia/the-dyscalculia-checklist). (However, this is more aimed at teachers and parents of children with dyscalculia.)

See also ADDitude magazine’s [Dyscalculia Test: Symptoms in Adults](https://www.additudemag.com/self-test-for-dyscalculia-in-adults/).

If you don’t mind paying, you can do the [online dyscalculia screener](https://dyscalculia-screener.co.uk/) (aimed at students in FE or HE). It takes about an hour and costs £30.

(Note: it is difficult to find assessors experienced in diagnosing dyscalculia.)

## Autistic Spectrum Condition

This can only be diagnosed by a medical professional. See the NHS page on ‘[Signs of autism in adults](https://www.nhs.uk/conditions/autism/signs/adults/)’ and the National Autistic Society’s ‘[Diagnostic assessment – a guide for adults who think they might be autistic](https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/diagnostic-assessment/adults).’

Clinical Partners offer a [quick 30-question online screening test](https://www.clinical-partners.co.uk/for-adults/autism-and-aspergers/adult-autism-test/test?restart=4bef2d4d59a621fcacb09337f44b343e) with automatic scoring.

## Low-cost screening for more than one SpLD

Do-IT Profiler offer a £2.99 [Neurodiversity app](https://profiler.app/neurodiversity-app/) (iOS and Android) which can only be taken once and provides a basic profile and report. You can also pay £25 for their more in-depth [Dyslexia+ Student screener for university students](https://profiler.app/dyslexiastudent/).

[QuickScreen for Individuals](https://qsdyslexiatest.com/online-dyslexia-testing-and-self-screening/quickscreen-for-individuals) costs £34.50 and mainly focuses on dyslexia.

# Reasons to have a full diagnostic assessment

* You might have always wondered whether you had a learning difference.
* You might need it as evidence if you want to claim the [DSA (Disabled Students’ Allowance)](https://studyhub.fxplus.ac.uk/accessibility-inclusion/disabled-students-allowance).
* You might need it to justify reasonable adjustments on your course.

# Where to get an assessment

Some conditions, such as ASC, ADHD and dyspraxia can be assessed on the NHS but waiting lists tend to be long. You will need a GP referral for these.

Educational Psychologists can assess for SpLDs but tend to be very expensive. A less expensive option for dyslexia (and sometimes dyspraxia and ADHD, depending on the assessor’s qualifications) is a specialist teacher assessment. This usually costs upwards of £350, so it is a good idea to have some screening to help you decide whether it is worth it.

# Find a qualified assessor near you

Visit the [Patoss Tutor index](https://www.patoss-dyslexia.org/Tutor-Index-Landing) and register (free). You can then search for assessors in your area. Make sure to tick the box ‘Only show tutors who hold an APC or are a registered psychologist’. An [APC is an Assessment Practising Certificate](https://www.patoss-dyslexia.org/Assessment-Practising-Certificate-APC). If you want to claim DSA (Disabled Students’ Allowance) you need an assessor with an APC.

Check with the assessor that they are qualified an experienced in assessing for the SpLDs which you are concerned about, as well as their fees.

Some assessors offer full diagnostic assessments online.