

Dyslexia Support Consultancy

Sarah-Louise Jeffries

Tel: 0781 806 3634

enquiries@dscsupport.co.uk

www.dyslexiasupportconsultancy.com

Self Test for Irlen Syndrome

*Parents should complete the form with cooperation from your child.

Name

Address

Age

School Year

Phone number

Email address

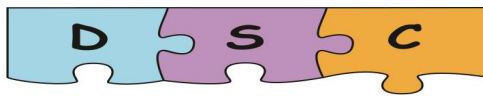
Completed by

Do you wear glasses? Distance Reading Varifocals

Note: if the problem sometimes happens then you should answer Yes

Characteristics

| <u>Are you light sensitive?</u> | Yes | No |
|---|-----|----|
| Bothered by sunlight | | |
| Bothered by glare | | |
| Do you frequently wear sunglasses? | | |
| Bothered by bright or fluorescent lights | | |
| Tired or drowsy under bright or fluorescent lights | | |
| Become anxious under bright or fluorescent lights | | |
| Get a headache/stomach-ache from bright or fluorescent lights | | |
| Feel antsy or fidgety under bright or fluorescent lights | | |
| Harder to listen under bright or fluorescent lights | | |
| Performance deteriorates under bright or fluorescent lights | | |
| Feel like there is not enough light when reading | | |
| Feel like there is too much light when reading | | |
| Read in dim light | | |
| Shade the page with your hand or body | | |
| <p><u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u></p> | | |



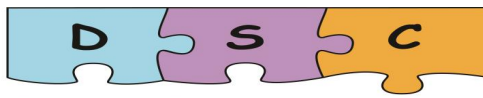
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| <u>Types of reading difficulties:</u> | Yes | No |
|---|-----|----|
| Skip words or lines | | |
| Repeat or reread lines | | |
| Read with breaks | | |
| Lose place | | |
| Read in a 'stop and go' rhythm | | |
| Omit small words | | |
| Poor reading comprehension | | |
| Reading becomes harder the longer you read | | |
| Use your finger or marker to help keep your place | | |
| Avoid reading | | |
| Avoid reading for pleasure | | |
| Rereads for comprehension | | |
| Reversals of letters and/or numbers | | |
| | | |
| <p><u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u></p> | | |

| <u>While reading or using a computer, do you:</u> | Yes | No |
|---|-----|----|
| Rub eyes | | |
| Move closer to or further away | | |
| Squint | | |
| Open your eyes wide | | |
| Incorporate breaks | | |
| Change position to reduce glare | | |
| Close or cover one eye | | |
| Move head | | |
| Read word by word | | |
| Unable to speed read | | |
| <p><u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u></p> | | |



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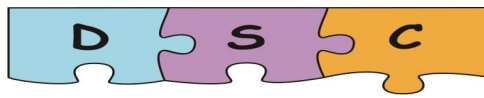
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| <u>Do you feel strain, fatigue, tired, or have headaches when:</u> | Yes | No |
|--|-----|----|
| Reading | | |
| Listening | | |
| Doing paper and pencil tasks | | |
| Reading on the computer/iPad/iPhone/tablet | | |
| Watching TV, movies, or live stage productions | | |
| Copying material | | |
| Doing maths assignment | | |
| Playing videogames | | |
| Writing essays | | |
| Doing visually-intensive activities like needlepoint, sewing, cross-stitching, crossword puzzles, woodworking soldering etc | | |
| Reading under bright or fluorescent lights | | |
| Looking at stripes, patterns, polka dots, fluorescent colours | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |

| <u>Handwriting</u> | Yes | No |
|--|-----|----|
| Write up or down hill | | |
| Unequal or has no spacing between letters or words | | |
| Unequal letter size | | |
| Unable to write on the line | | |
| Leave out words, letters, or punctuation marks | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |

| <u>Attention/concentration:</u> | Yes | No |
|--|-----|----|
| Problems concentrating when reading or writing | | |
| Easily distracted when reading or writing | | |
| Easily distracted when listening | | |
| Easily distracted when taking tests | | |
| Daydream in class or at lectures | | |
| Problem staying on task | | |
| Problems starting tasks | | |
| Difficulty with multiple-choice answer sheets | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |



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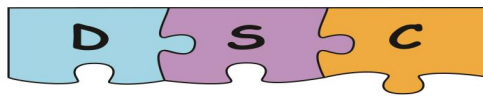
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| <u>Copying from the whiteboard, overhead projector</u> | Yes | No |
|---|-----|----|
| Loose place | | |
| Leave out words | | |
| Take a long time (slow) | | |
| Leave the work unfinished | | |
| Careless errors | | |
| Blink more frequently or squint | | |
| Difficulty refocusing | | |
| Difficulty copying things onto or off the computer | | |
| <p><u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u></p> | | |

| <u>Mathematics</u> | Yes | No |
|---|-----|----|
| Misalign digits in number columns | | |
| Difficulty seeing numbers in the correct columns | | |
| Sloppy or careless errors | | |
| Use finger, graph paper, or other marker when working with columns of numbers | | |
| Difficulty seeing signs, symbols, numbers, decimal points | | |
| Reversals of numbers | | |
| <p><u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u></p> | | |

| <u>Music:</u> | Yes | No |
|---|-----|----|
| Problems sight reading the notes | | |
| Prefer to memorise rather than read music | | |
| Prefer to play by ear | | |
| Use finger to track notes | | |
| Lose your place | | |
| Trouble reading the notes or notes and words together | | |
| Difficulty interpreting the music notations | | |
| Little progress in spite of regular practice | | |
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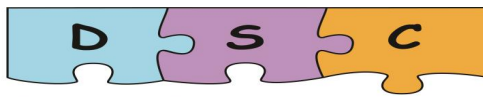
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| <u>Depth perception:</u> | Yes | No |
|--|-----|----|
| Difficulty getting on and off escalators | | |
| Clumsy | | |
| Bump into table edges or door jams | | |
| Difficulty walking up and/or downstairs | | |
| Difficulty judging distances | | |
| Drop or knock things over | | |
| As a child, accident-prone or have bruises on your shins | | |
| When walking next to someone, do you drift into the person | | |
| When walking, do you feel dizzy or lightheaded | | |
| Afraid of heights | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |

| <u>Sports performance:</u> | Yes | No |
|--|-----|----|
| Problems tracking a flying ball like golf, baseball or tennis | | |
| Trouble following the ball when watching sports on TV such as tennis, football or basketball | | |
| When watching sport on TV, can you follow the ball but not see anything else | | |
| Trouble catching or hitting a ball | | |
| Difficulty playing pool | | |
| Difficulty hitting the ball when playing baseball or tennis | | |
| Trouble learning how to ride a bike | | |
| Troubled jumping rope? Jumping at the wrong time or jump onto the rope | | |
| Trouble playing games such as volleyball or foursquare | | |
| On playground equipment such as rings or bars, was it hard to go from one to the other | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |



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| <u>Driving (adults):</u> | Yes | No |
|--|-----|----|
| Difficulty parallel parking | | |
| Do you feel like you will hit the car in front when parking | | |
| When parking, do you hit a curb or leave too much space | | |
| Difficulty judging when to turn in front of oncoming traffic | | |
| Uncertain when making lane changes | | |
| Extra cautious when making lane changes | | |
| Other passengers get tense when you make lane changes | | |
| The passengers tell you that you tailgate | | |
| Are you overly cautious, leaving extra room between you and the car ahead | | |
| <u>If you answered yes to three or more of as a passenger, in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |

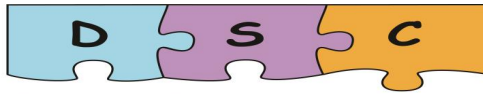
| <u>Fatigue whilst in car:</u> | Yes | No |
|--|-----|----|
| As a passenger, do you become drowsy | | |
| When driving, do you become drowsy | | |
| Bothered by glare on the chrome of cars | | |
| Bothered by glare off the rear window of the car in front of you | | |
| Stressful to drive in the rain/snow (glare) | | |
| Avoid driving at night | | |
| Bothered by headlights and street lights at night | | |
| Bothered by tail lights on cars | | |
| Bothered by red/green traffic lights | | |
| Have night blindness | | |
| <u>If you answered yes to three or more of these questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome</u> | | |

Signed:.....

Print name/s

Relationship to child:.....

Date:.....



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*If payment is to be made by another person or organisation, such as a bursary fund, please give details here:

Please return this questionnaire to:-
Dyslexia Support Consultancy,
196 Hawthorn Way,
Lindford,
Hampshire
GU35 0RB