



Solutions
that work

Dyslexia Solutions: Tech Downloads

Managing Your Dyslexia

Managing dyslexia is never easy, but there are a lot of remarkable technologies and methods that can make life a little easier!

Being dyslexic means you need to create systems that work for you, so we are bringing you some of our favorite hacks to help you optimize your systems. Technology goes hand in hand with making systems that work for you, so take a peek at these fantastic tools.

While you can never make your dyslexia go away, there are ways to minimize its impact on your life. You are not dumb; you are just different.

- Natalie



Noticing Mistakes & Processing Information

What the issue is:

Dyslexia affects the way you process information. This means that sometimes minor errors are challenging to see. Being dyslexic also makes it hard to process large amounts of data (and understand it).

Here are our top 3 tech solutions:

1 Text to Audio Software

Amazing tool for checking work or helping process large amounts of information (reading and listening simultaneously).

Some software we love:

- [Speechify](#)
- [Text to Read Gold](#)
- Reading Pens
- Google Translate

2 Voice to Text

Writing causes mental fatigue for dyslexics. Use voice to text whenever you can to reuse your cognitive load.

- Use voice to text when texting people (cell phones have this built-in natively)
- Ask your employer for software like [Dragon Professional](#).
- Use your computer's built-in dictation features (macOS and Windows have this).

3 Spelling & Grammer Check

- [Grammarly](#) is a big step up from your normal spell-check. It notices spelling and grammar errors like there, they're, and their.
- Google Translate is free to use; drop your text in and click read. You are sure to hear some mistakes you could not see.

Noticing Mistakes & Processing Information

To optimize your systems for detecting mistakes and processing information, try some of these low tech tricks.

- Document Formatting- Ask for documents to be provided to you in a dyslexic-friendly way. Things we commonly ask for:
 - San Serif Fonts (like Montserrat)
 - Larger Spacing between lines
 - Colored background
- Dual Monitors: Often called a gamechanger by many dyslexics
- Quiet Zones- Ask for the ability to work where you need. This means working from home, in conference rooms, or even being allowed to use noise-canceling headphones.
- Advanced Notice- Ask for documentation in advance and highlight key points that you want to refer back to



dyslexia
IN ADULTS

These low-tech hacks might not seem like much, but they can make a huge difference when it comes to managing your mistake and ability to process information.

Not every employer will be understanding or able to give you these accommodations. Remember that the only one who will fight to give you the tools you need to succeed is going to be you.

Planning, Prioritisation and Organization

What the issue is:

Dyslexic people often struggle with staying organised, remembering upcoming tasks, and managing their time.

Here are our top 3 tech solutions:

1 Meeting Reminders

Set alarms before meetings so that you can shift tasks.

- Use a smartwatch and set times.
- When you put something in your calendar, schedule a 15-minute reminder before clicking save. If the meeting is far in the future, use a one-day advance reminder (great for annual Dr. visits).
- Put a digital clock where you can easily see the time!

2 Planning/Prioritisation Software

These are software that can help you visualize and manage your to-dos. A few of our favorites are:

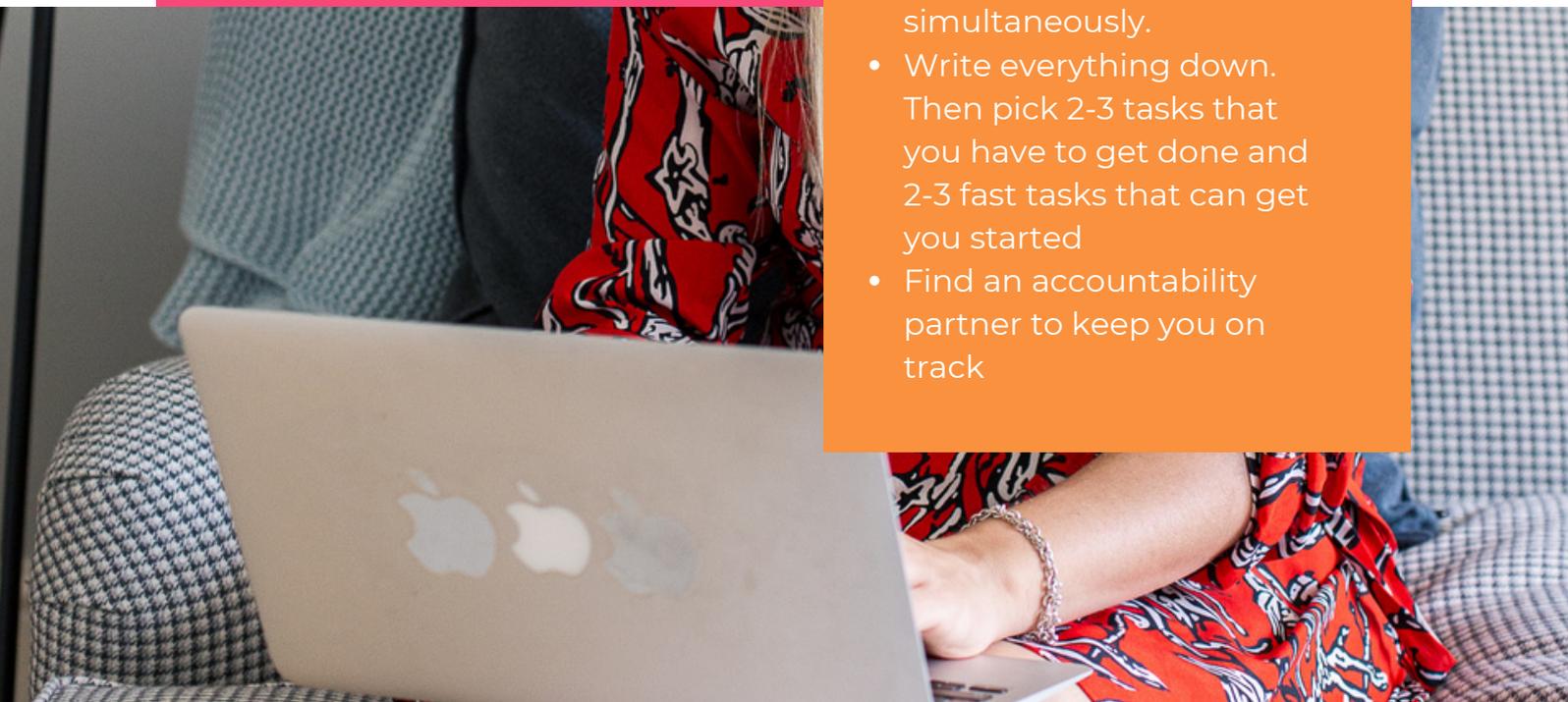
- monday.com
- [Trello](https://trello.com)
- [Asana](https://asana.com)

3 Pomodoro Technique

This is a technique to help you start tasks and stay on task through timers and breaks. It is similar to time blocking! To learn more about the Pomodoro Technique and how to use it as a dyslexic, [check out our blog!](#)

Bonus Tips:

- Mono-Task, only work on one thing at a time. Dyslexic people are good at managing multiple tasks, but not simultaneously.
- Write everything down. Then pick 2-3 tasks that you have to get done and 2-3 fast tasks that can get you started
- Find an accountability partner to keep you on track



Verbal communication

What the issue is:

Dyslexia people struggle with working memory, so taking in verbal communication and remembering it is a challenge!

Here are our top 2 tech solutions:



1 Voice Memos

Everyone carries a cell phone with them almost all the time. When someone gives you instructions, politely stop them, pull out your phone, ask permission to record, then press record. Then later, you can playback precisely what they said.

2 Note Taking Software

Meetings can be too long to use voice memos, so we recommend using a meeting recording or note-taking software. A few of our favorites are:

- [Otter Ai](#)
- Zoom, GoToMeeting, or Google Meetings native recording feature
- [Sonocent Audio Notetaker](#)

Low Tech Tips

- Ask for meeting agendas in advance. So you can get your thoughts in order before meetings.
- Don't take the meeting notes; splitting your attention between listening and writing will result in subpar notes.
- Repeat instructions back to ensure that you understand them
- Request to have instructions emailed to you

Remember

Your difference
doesn't make
you a failure