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Specific Learning Difficulties (SpLD)

The term Specific Learning Difficulties is one that refers to a difficulty with particular aspects of learning. The more commonly identified SpLD’s include:

* Dyslexia
* Dyspraxia
* Dyscalculia
* ADD/ADHD

Dyslexia

Dyslexia is thought to affect around 10% of the population. Children and adults with dyslexia may mix up letters, words and have difficulties with spellings. Dyslexia can be hereditary, meaning that it can run in families passing from one generation to the next.

Dyslexia is not only about Literacy, but it can also affect the way that information is processed, stored and retrieved. This can lead to difficulties with memory, processing instructions and organisation.

Dyspraxia

Dyspraxia is also known as Development Co-ordination Disorder (DCD). It affects fine and/or gross motor skills in children and/or adults. Individuals may vary on how they present with Dyspraxia. In children, Dyspraxia may include difficulties with activities such as: writing; drawing; using scissors; using a knife and fork; riding a bike; and self care skills, such as fastening zips and tying shoelaces etc.

Difficulties may also include organisational skills, such as planning and time-management.

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Dyscalculia

Dyscalculia refers to specific difficulties with maths. This includes recognising mathematical symbols and understanding basic mathematical concepts. Aspects of maths, such as following directions; telling the time; and understanding the concept and quantity of money can also be difficult.

Difficulties with maths and number can also be associated with Dyslexia.

ADHD/ADD

Attention Deficit (Hyperactivity) Disorder can include signs of restlessness, impulsivity, erratic, unpredictable and unacceptable behaviour. It can also include blurting out comments and constantly interrupting. If no signs of hyperactivity are present, then the term Attention Deficit Disorder (ADD) tends to be used.

Children with this condition can become easily distracted and may miss key points of information. This means that they may find it difficult to complete work and follow instructions.

SpLD - common characteristics

Characteristics of SpLD’s can overlap. Some common characteristics of SpLD’s can include :

* Memory difficulties
* Organisational difficulties
* Writing difficulties
* Visual processing difficulties
* Auditory processing difficulties
* Reading difficulties
* Sensory difficulties, due to sensory overload
* Sensory distraction