

 SAFE HAVEN CONNECT CIC

Community Interest Company

Supporting Someone with Dyslexia Workbook

 SAFE HAVEN CONNECT CIC

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for adults supporting someone with dyslexia.

It is intended for partners, family members, friends, carers and volunteers supporting adults aged 18 and over.

This workbook is not a substitute for professional educational, medical or psychological advice. Every person with dyslexia is unique, and support should always be tailored to the individual's needs.

© Safe Haven Connect CIC

 safehavenconnect.org/workbooks

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 1 – Understanding Dyslexia

Dyslexia is a lifelong difference that mainly affects reading, writing, spelling and processing written information. It does not reflect a person's intelligence or ability.

Many adults with dyslexia develop effective ways to manage challenges and have strengths such as creativity, problem-solving, innovation and thinking outside the box.

With understanding, patience and practical support, people with dyslexia can thrive at home, work and in their communities.

♥ Dyslexia may affect...

- ☐ Reading
- ☐ Spelling
- ☐ Writing
- ☐ Organisation
- ☐ Memory
- ☐ Processing written information
- ☐ Confidence
- ☐ Time management
- ☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I become a better supporter?

♥ Remember

Dyslexia is a different way of processing information—not a lack of intelligence or effort.

With patience, encouragement and practical support, adults with dyslexia can build confidence and make the most of their strengths.

Support the person, recognise their abilities and celebrate their achievements.

 safehavenconnect.org/workbooks

♥ Safe Haven Connect CIC – Supporting adults, families, carers and communities.

♥ SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 2 – Understanding the Person

Every person with dyslexia is different.

Some people may find reading and writing challenging, while others may experience difficulties with spelling, memory, organisation or processing information. These challenges can vary depending on the situation.

Remember, dyslexia does not define the person. Many adults with dyslexia have unique talents, creativity and valuable skills.

♥ Things that may help them feel supported

- ☐ Being patient.
- ☐ Giving clear instructions.
- ☐ Allowing extra time.
- ☐ Using simple written information.

☐ Encouraging without criticism.

☐ Recognising their strengths.

☐ Listening without judgement.

☐ Other:

 How can I support them today?

☐ Be patient.

☐ Offer practical help when needed.

☐ Encourage independence.

☐ Respect their learning style.

☐ Ask how I can help.

☐ Celebrate achievements.

☐ Focus on their strengths.

☐ Other:

 What have I learned about what helps them?

♥ What strengths do they have?

♥ Remember

Adults with dyslexia often work incredibly hard to overcome everyday challenges that others may not notice.

Your patience, encouragement and belief in their abilities can help build confidence and reduce unnecessary frustration.

Support the person, value their strengths and encourage them to succeed in their own way.

 safehavenconnect.org/workbooks

♥ Safe Haven Connect CIC – Supporting adults, families, carers and communities.

♥ SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 3 – Communicating with Understanding

Good communication can make a big difference for someone with dyslexia.

Some adults may need a little extra time to read, write or process written information. They may also find long documents, complex instructions or being put on the spot stressful.

By communicating clearly and patiently, you can help reduce frustration and build confidence.

 Helpful ways to communicate

- ☐ Speak clearly and calmly.
- ☐ Give one instruction at a time.
- ☐ Allow extra time to process information.
- ☐ Use simple, easy-to-read written information.
- ☐ Check they have understood.
- ☐ Encourage questions.
- ☐ Listen without judgement.
- ☐ Other:

 Helpful things I can say

- ☐ "Take your time."
- ☐ "There's no rush."
- ☐ "Would it help if we went through it together?"
- ☐ "You're doing well."
- ☐ "How can I make this easier?"
- ☐ Other:

Things to try and avoid saying

- ☐ "Just read it again."
- ☐ "You're not trying hard enough."
- ☐ "It's easy."
- ☐ Criticising spelling or reading mistakes.
- ☐ Comparing them to others.
- ☐ Becoming impatient.
- ☐ Other:

One thing I can do today to support them

Remember

Small changes in the way you communicate can make everyday situations feel much less stressful.

Patience, understanding and encouragement help adults with dyslexia feel respected, capable and confident.

Support their way of learning, celebrate their strengths and communicate with kindness.

 safehavenconnect.org/workbooks

 Safe Haven Connect CIC – Supporting adults, families, carers and communities.

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 4 – Supporting Everyday Life

Living with dyslexia can make certain everyday tasks more challenging, but with understanding and practical support, many people develop strategies that help them succeed.

The aim is not to do things for the person, but to support them in finding approaches that build confidence, independence and reduce unnecessary stress.

Everyone experiences dyslexia differently, so it's important to ask what works best for them.

 Practical ways I can help

- ☐ Allow extra time for reading or paperwork.
- ☐ Break large tasks into smaller steps.
- ☐ Encourage the use of calendars or reminders.
- ☐ Help organise important documents.
- ☐ Encourage the use of helpful technology if they choose.
- ☐ Offer support without taking over.
- ☐ Celebrate progress and achievements.
- ☐ Other:

♥ Everyday tasks they may find more difficult

♥ Things they do well independently

♥ One practical thing I can do this week

♥ Remember

Supporting someone with dyslexia is about recognising what works for them.

Simple adjustments, patience and encouragement can help reduce stress while building confidence and independence.

Focus on strengths, encourage independence and celebrate every achievement along the way.

 safehavenconnect.org/workbooks

 Safe Haven Connect CIC – Supporting adults, families, carers and communities.

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 5 – Supporting Emotional Wellbeing

Living with dyslexia can sometimes affect confidence, self-esteem and emotional wellbeing.

Many adults with dyslexia have experienced misunderstanding, criticism or frustration throughout their lives. These experiences can lead to anxiety, self-doubt or a fear of making mistakes.

Your encouragement, patience and belief in their abilities can help build confidence and create a positive, supportive environment.

 They may be feeling...

☐ Frustrated.

☐ Anxious.

☐ Embarrassed.

☐ Overwhelmed.

☐ Low in confidence.

☐ Misunderstood.

☐ Discouraged.

☐ Hopeful.

☐ Other:

 How can I support their emotional wellbeing?

☐ Listen without judgement.

☐ Encourage their strengths.

☐ Celebrate achievements.

☐ Be patient during difficult moments.

☐ Reassure them that mistakes are part of learning.

☐ Encourage hobbies and interests.

☐ Respect their preferred way of learning.

☐ Other:

 What usually helps them feel more confident?

 One thing I can do today to encourage them

Remember

Confidence grows when people feel understood, accepted and valued for who they are.

By focusing on strengths instead of difficulties, you can help someone with dyslexia develop resilience, independence and self-belief.

Your patience, encouragement and belief in them can make a lasting difference.

 safehavenconnect.org/workbooks

 Safe Haven Connect CIC – Supporting adults, families, carers and communities.

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 6 – Looking After Yourself as a Supporter

Supporting someone with dyslexia can be rewarding, but there may also be times when you feel unsure how best to help.

You may worry about saying the wrong thing or become frustrated when everyday tasks take longer than expected. Looking after your own wellbeing helps you remain patient, positive and supportive.

Remember, you don't need to have all the answers. Simply being understanding and encouraging can make a meaningful difference.

♥ How am I feeling today?

- ☐ Calm
- ☐ Hopeful
- ☐ Tired
- ☐ Stressed
- ☐ Worried
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Emotionally drained
- ☐ Other:

♥ This week I will...

- ☐ Take regular breaks.
- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Talk to someone I trust.
- ☐ Make time for activities I enjoy.
- ☐ Accept support when it's offered.
- ☐ Practice self-care.
- ☐ Other:

♥ People who support me

1.

2.

3.

♥ One thing I will do for myself this week

♥ Remember

Supporting someone with dyslexia is a journey built on patience, encouragement and understanding.

Looking after your own wellbeing helps you continue offering positive, compassionate support while recognising and celebrating the person's strengths.

A supported carer is better able to provide supportive care.

 safehavenconnect.org/workbooks

 Safe Haven Connect CIC – Supporting adults, families, carers and communities.

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 7 – Encouraging Independence and Confidence

Adults with dyslexia often develop effective strategies that help them manage everyday life, work and learning.

Supporting independence means encouraging the person to use the approaches that work best for them while offering practical help when they ask for it.

Confidence grows when people are trusted, encouraged and recognised for their abilities—not judged by their difficulties.

 Ways I can encourage independence

- ☐ Encourage them to make their own decisions.
- ☐ Allow extra time when needed.
- ☐ Encourage problem-solving.
- ☐ Support the use of helpful tools and technology.
- ☐ Focus on strengths rather than mistakes.
- ☐ Celebrate progress.
- ☐ Respect their preferred way of learning.
- ☐ Other:

♥ Things they enjoy and do well

- ☐ Creative activities.
- ☐ Technology.
- ☐ Music.
- ☐ Practical tasks.
- ☐ Problem-solving.
- ☐ Helping others.
- ☐ Work or volunteering.
- ☐ Other:

♥ One positive goal for this week

♥ How can I help build their confidence?

♥ Remember

Success looks different for everyone.

Encouraging independence, recognising strengths and celebrating progress helps adults with dyslexia develop confidence and believe in their own abilities.

Believe in the person, encourage their strengths and celebrate every achievement along the way.

 safehavenconnect.org/workbooks

♥ Safe Haven Connect CIC – Supporting adults, families, carers and communities.

♥ SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 8 – My Dyslexia Support Plan

Every person with dyslexia has their own strengths, challenges and preferred ways of learning and managing everyday life.

The best support comes from understanding the individual, respecting their choices and encouraging independence while offering practical help when it's needed.

This support plan can help you focus on what works best for the person you are supporting.

♥ What helps them most?

☐ Clear communication.

☐ Extra time.

☐ Encouragement.

☐ Simple routines.

- ☐ Practical support when needed.
- ☐ Patience and understanding.
- ☐ Being recognised for their strengths.
- ☐ Using tools that work for them.
- ☐ Other:

My Three Priorities

1.

2.

3.

People and Services That Can Help

1.

2.

3.

My Personal Reminder

When supporting someone with dyslexia, I want to remember...

Remember

Supporting someone with dyslexia isn't about expecting them to learn or work like everyone else.

It's about recognising their strengths, understanding their challenges and encouraging them to succeed in the way that works best for them.

Patience, encouragement and belief in their abilities can help build confidence that lasts a lifetime.

 safehavenconnect.org/workbooks

 Safe Haven Connect CIC – Supporting adults, families, carers and communities.

 SAFE HAVEN CONNECT CIC

Supporting Someone with Dyslexia

PAGE 9 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone with dyslexia is about recognising their strengths, respecting their individuality and encouraging them to succeed in ways that work for them.

Every person's experience is unique. Your patience, understanding and encouragement can help build confidence, reduce frustration and create opportunities for success.

You don't need to have all the answers. Simply believing in the person and supporting them without judgement can make a lasting difference.

I Will Remember To...

- ☐ Be patient and understanding.
- ☐ Focus on strengths rather than challenges.
- ☐ Encourage independence.
- ☐ Give extra time when needed.
- ☐ Listen without judgement.
- ☐ Celebrate achievements, big and small.
- ☐ Continue learning about dyslexia.
- ☐ Look after my own wellbeing too.

My Personal Reminder

When supporting someone with dyslexia, I want to remember...

My Support Promise

"I will support this person with kindness, patience and respect. I will encourage their strengths, recognise their achievements and provide practical support when needed. I will continue learning, celebrating progress and helping them build confidence in their own abilities."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Dyslexia is one part of a person's life—it does not define their potential.

With understanding, encouragement and the right support, adults with dyslexia can continue to develop confidence, achieve their goals and thrive.

Thank you for taking the time to learn how to provide compassionate, person-centred support.

Explore our growing library of free workbooks and wellbeing resources at:

 safehavenconnect.org/workbooks

© Safe Haven Connect CIC
Community Interest Company

 Supporting adults, families, carers and communities with compassion, dignity and hope.