

Dyslexia Guild Conference July 2025

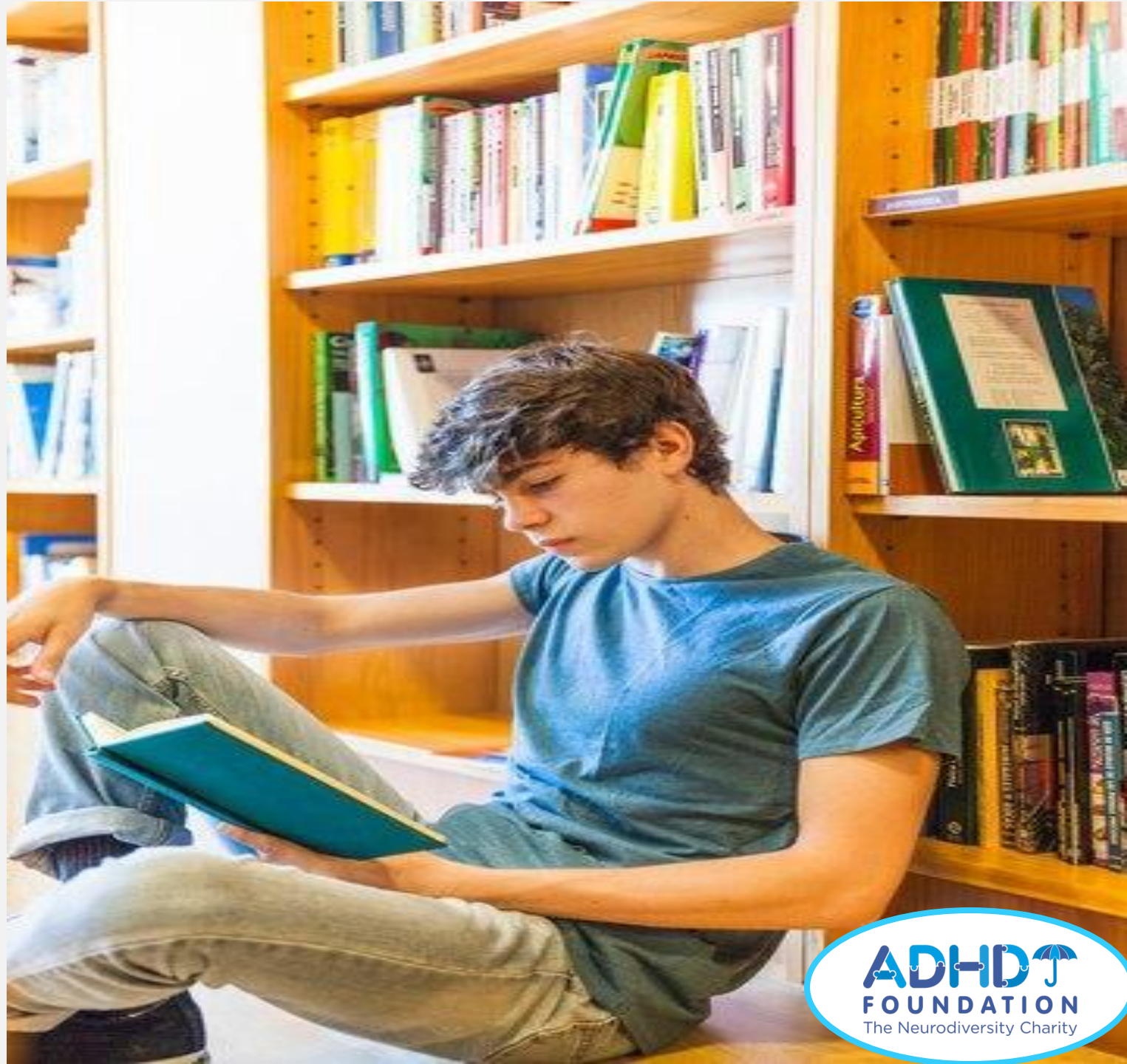
“Understanding and Supporting Dyslexia and ADHD.”

Colin Foley, Training Director

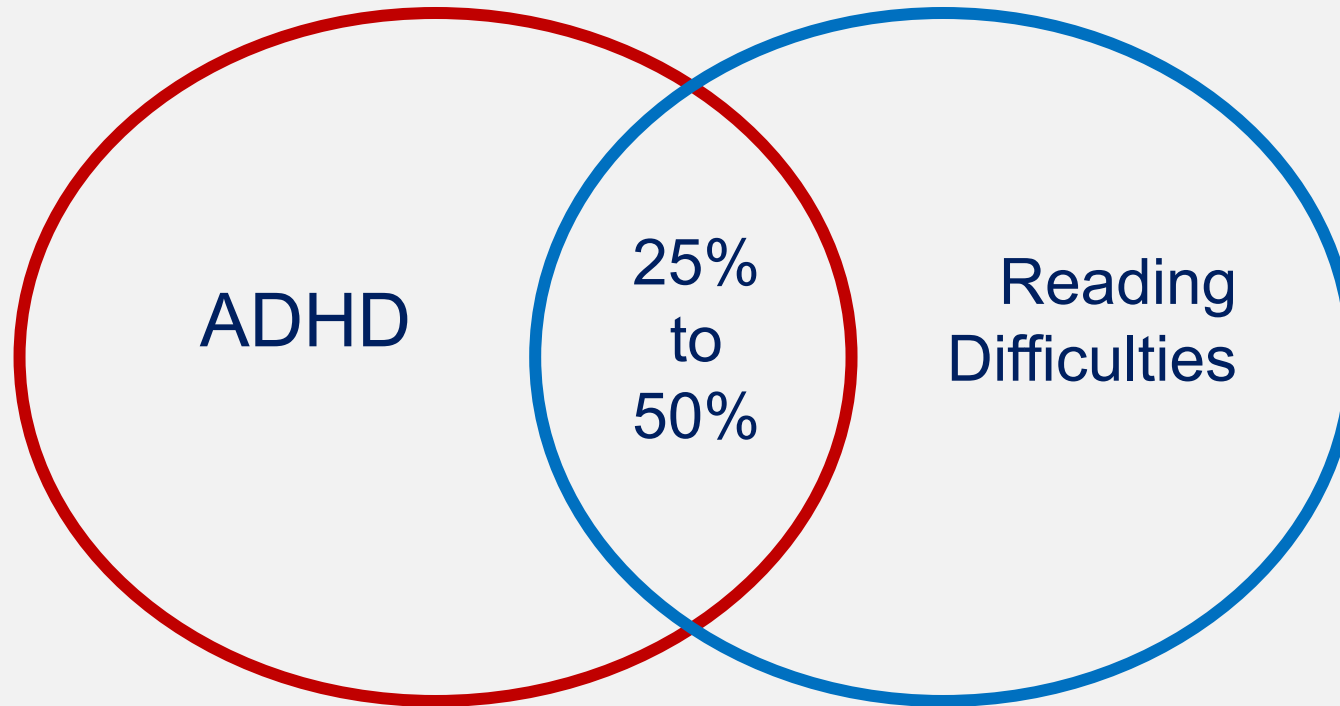
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How do we view
neurodiversity?
Clusters/circles?
Partial diagnosis?

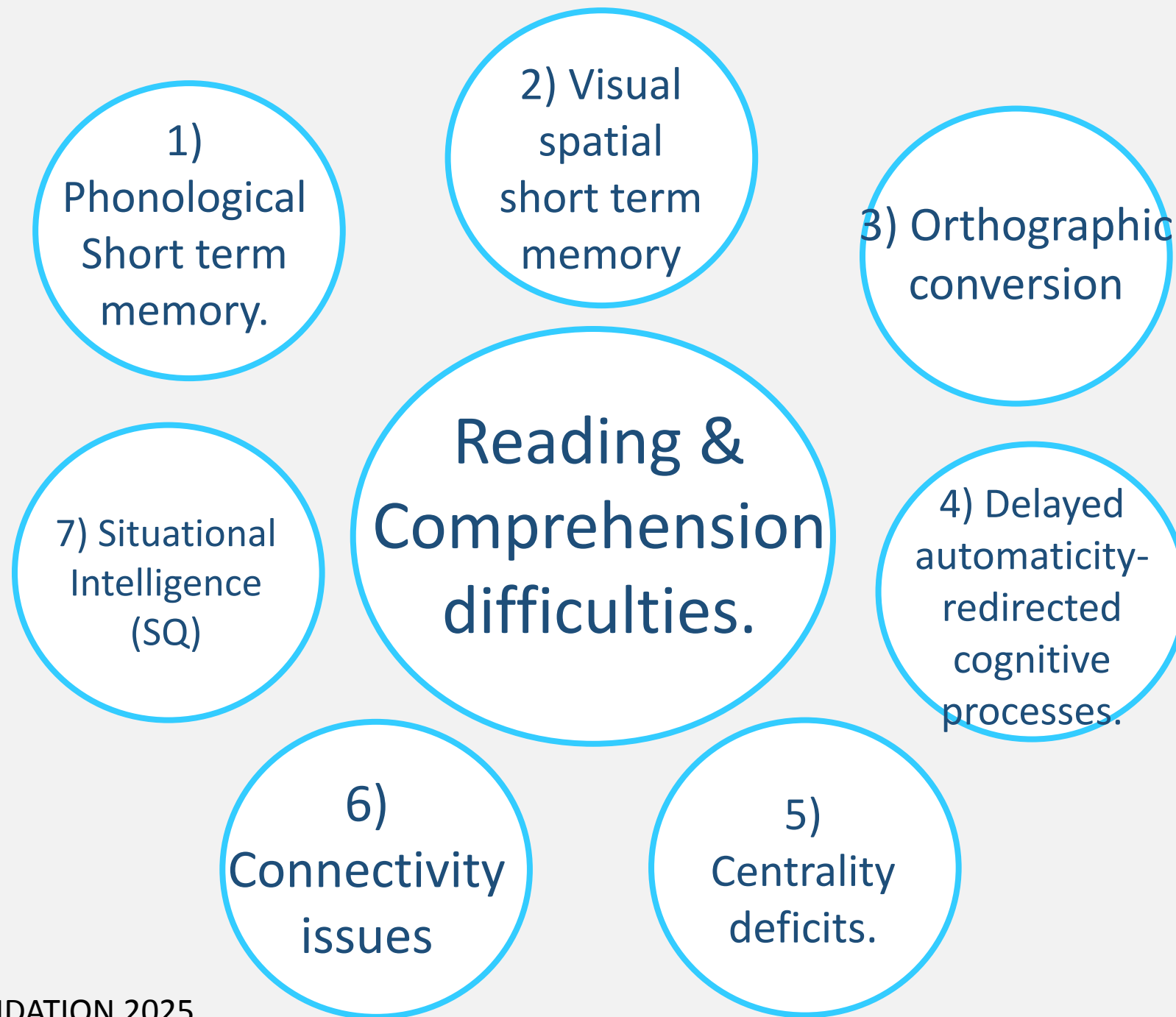
Where are we
heading?



ADHD & co-existing reading/ writing difficulties



Reading/writing difficulties- 10% of general population.



ADHD and written expression

Written Expression Requires:

Transcription skills

Legible and fluent handwriting
Encoding Skills
Spelling

Text generation

Thinking of ideas
Organisation/coherence of text
Monitoring
Revising text
(Juggling these tasks concurrently requires **WORKING MEMORY** and self-regulation.)

Students with ADHD:

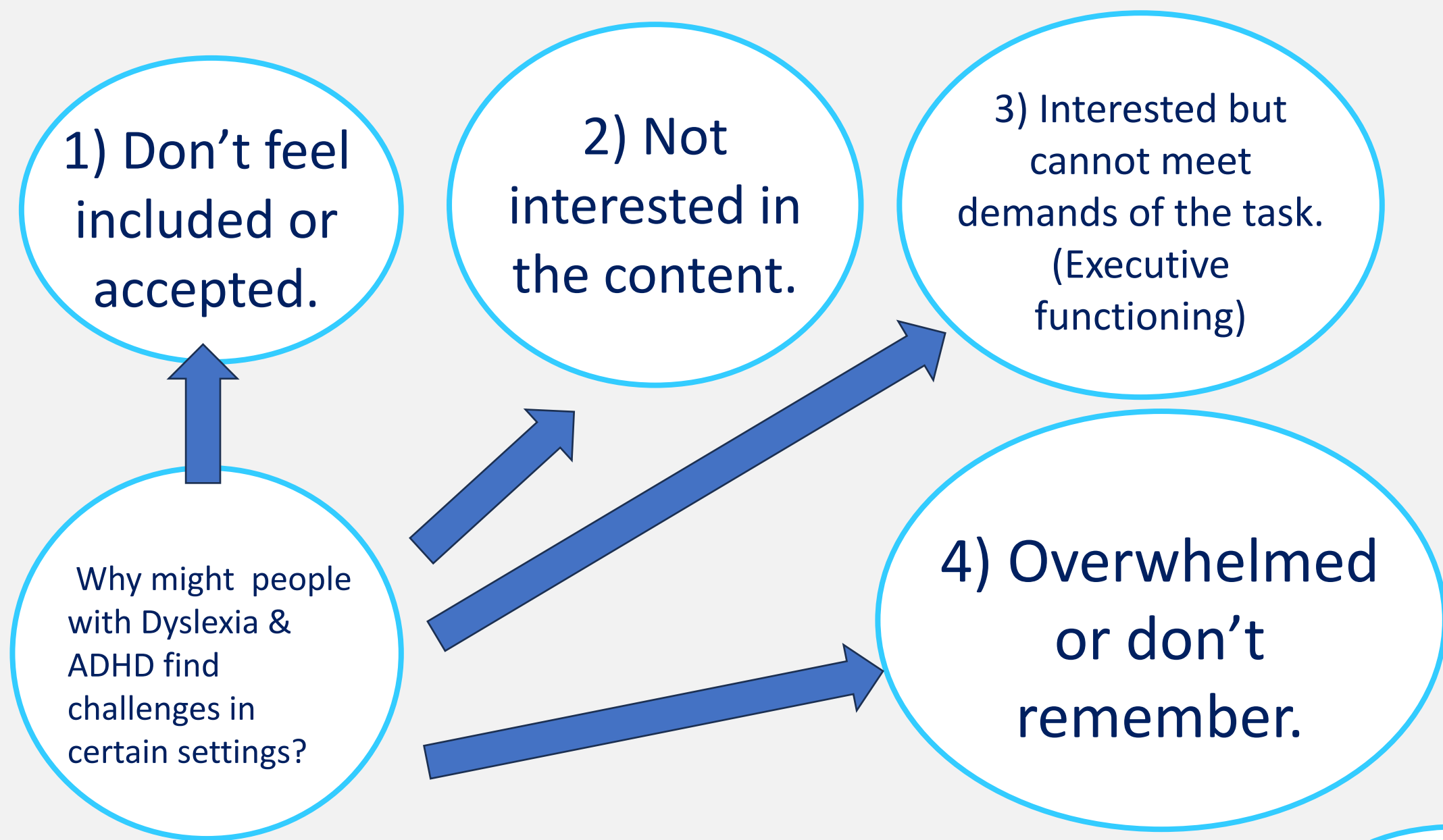
Write less.

Make more spelling, punctuation, and grammatical errors.

Written work is poorly organised.

Challenges with Handwriting.

Redrafting study. Year 6 writing.
84% of revisions were to add text.
Less than 1% were to improve connections between sentences and ideas.
Graham and MacArthur (1988)



Supporting the AD of ADHD



- 1) Understand variable attention.
- 2) **Engagement is everything.**
- 3) Series of focal points
- 4) “Show don’t tell” “You talk less, they talk more” understand auditory processing.
- 5) Understand attentional overwhelm and adapt the attentional environment.

Supporting the H of ADHD



- 1) Understand **Dopaminergic dysregulation.**
- 2) **Movement-** incidental, structural and resourced.
- 3) Movement based learning.
- 4) **Cognitive hyperactivity:** “thinking out loud” & externalised processing.
- 5) Structured talk opportunities- turn taking, end product.

1) Maximising
Engagement &
movement

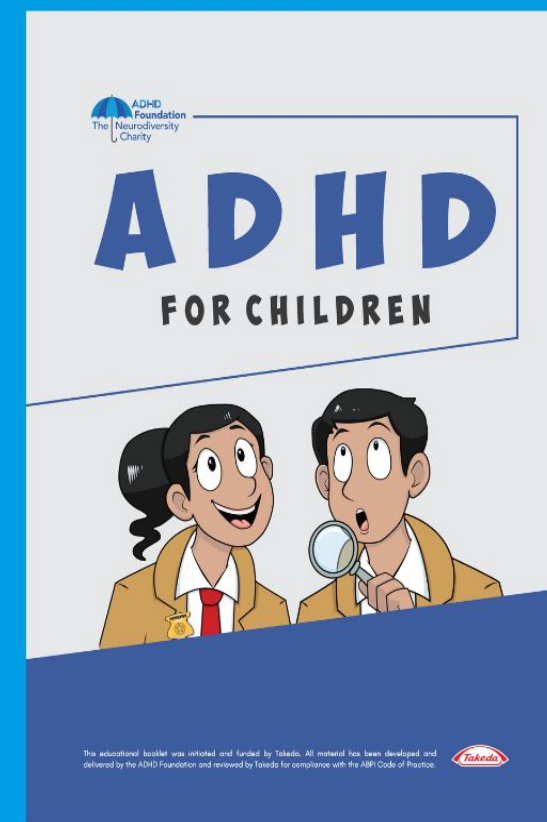
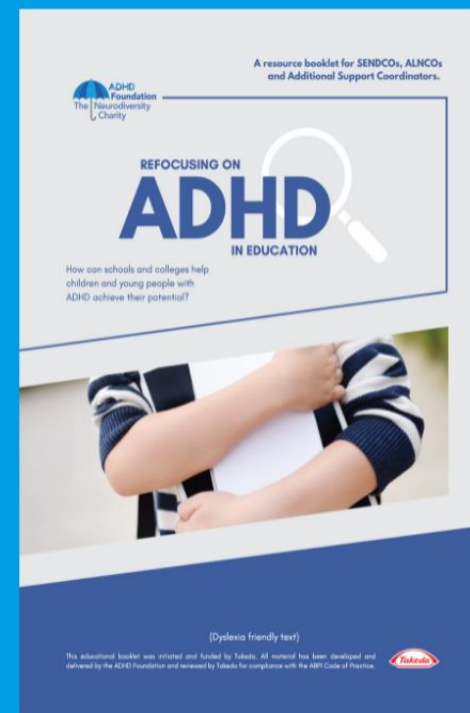
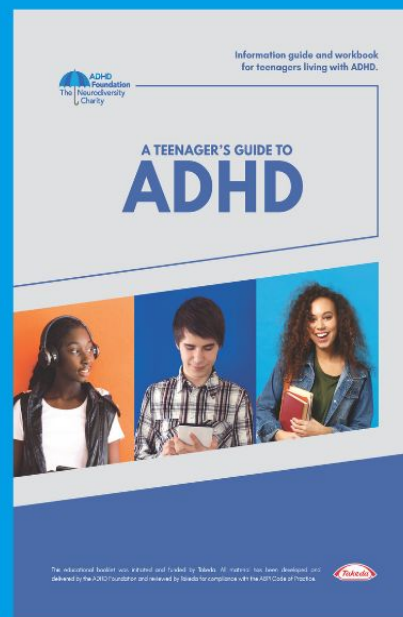
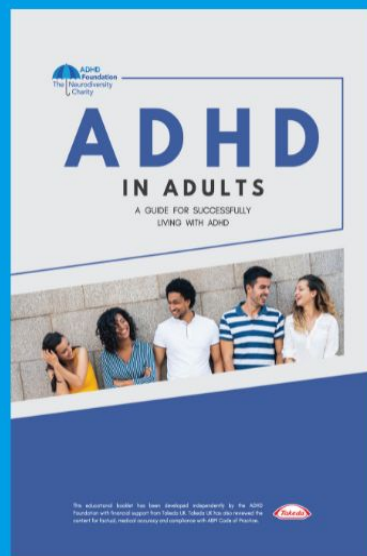
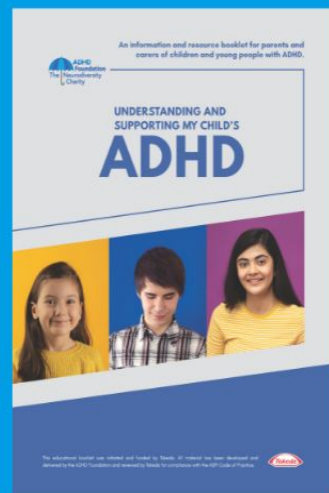
2) Adapting
the attentional
environment

3) Executive
functioning support,
exploring assistive
technology.

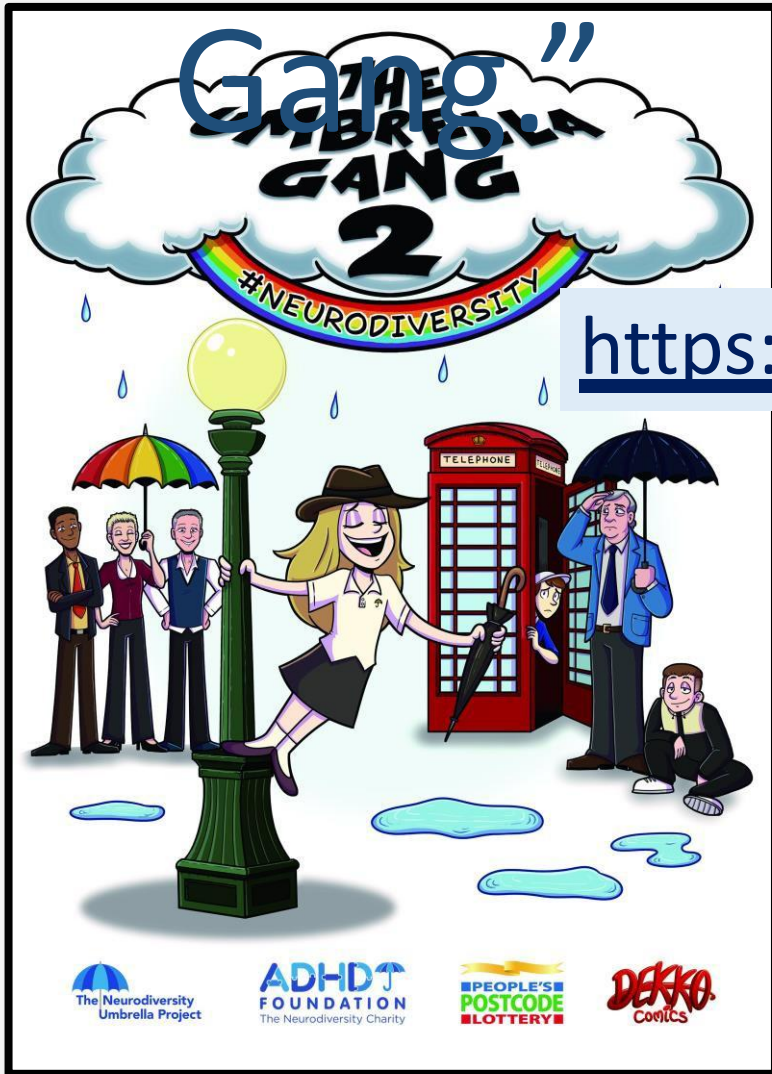
4) Maximising
Visual Processing
& externalisations.

5) Talk
opportunities.

6) Supporting
Memory



"The Umbrella



<https://adhdfoundation.org.uk/the-umbrella-gang/>

 adhd.foundation.org.uk

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Thank you!

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