



## Dyscalculia

*Dyscalculia affects a person's ability to understand, recall or use numerical information. Some people may feel anxious when having to undertake any maths-related tasks and may avoid situations where they have to do this (such as paying bills or specific tasks)*

Dyscalculia can also affect the way numerical information is processed which can lead to difficulties with memory, organisation, speed and sequencing. A very high level of maths anxiety is often present in anyone who has dyscalculia.

However, the most common effects include:

### Mathematics Skills

- Weak mental arithmetic skills
- Performs calculations very slowly
- Struggling with 'simple' or basic maths tasks
- Difficulty interpreting charts
- High levels of maths anxiety
- Avoids difficult tasks that involve an element of maths

### Number Skills

- Difficulty with accurate recording of numbers
- Inability to understand financial information e.g. budgeting
- May get confused or forget pin codes and security numbers
- May reverse numbers e.g. 911 read as 119

### Other

- Inability to estimate distance
- Difficulty with navigation and left/right confusion
- May struggle to tell the time
- Difficulty with time management and keeping to a schedule
- Difficulty with completing tasks in a sequence

**Whether you have a friend, colleague, student or employee with Dyscalculia, there are some simple things you can do to make their life easier:**

#### - **HELP WITH DATA TASKS**

Present only essential data – remove any unnecessary words or figures. Visual representations such as pie charts can also help. Set aside some one-to-one time after material is presented to review and feedback. Always supply scrap paper and calculators for rough working.

#### - **GENERAL USE OF NUMBERS**

Set up speed dialling for common telephone numbers. Consider using passcodes that don't require any numbers where possible. Use examples and templates of forms that involve numbers to help set expectations.

#### - **WORK ENVIRONMENT**

Noise cancelling headphones may aid concentration and reduce noise distraction. Quiet area or screening around desk can help with focus. Offer personal help with planning and prioritising.