### What Helps?

Most people with LDs are resilient, and learn to manage challenges and achieve success.

## There are a number of factors that help:

- Understanding their LDs and what helps them learn
- Learning how to set realistic goals, to solve problems and to make good choices
- Being open to asking for and getting help
- Not giving up when things get hard
- Believing successes are due to their own efforts
- Believing they can learn from their mistakes
  - Feeling respected and connected to others
- Having someone who will listen to them and understand their feelings
- Being an active member of a community or group

# **Learning disabilities** are complicated.

#### We all can help by:

- Showing understanding and encouragement
- Recognizing small successes
- Learning more about LDs



and success we need to understand how a person's differently depending on the situation. In order to earning profile interacts with their environment. find good, effective strategies for compensating LDs are life-long conditions that affect people

To see a full definition of LDs please visit the LDAO website at www.LDAO.ca

### For more information contact:



NTEGRA

ing disabilities and children's Centre specialized in treating A leader in the field of learnmental health, Integra offers innovative clinical services, including individual, group the social/emotional needs of children and youth with earning disabilities (LDs). residential summer camp, and professional training, Children's Mental Health community consultation Integra is an accredited and family therapy, a and research.

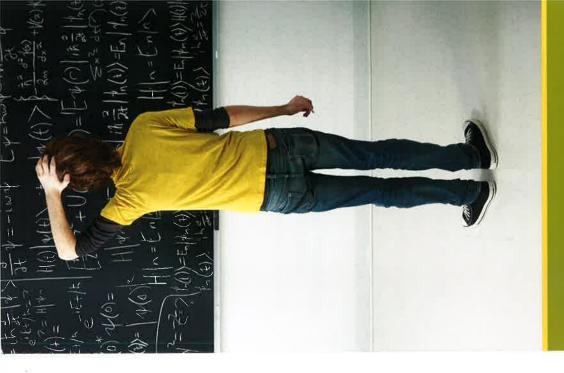
#### www.integra.on.ca or call 416.486.8055

#### The Learning Disabilities Association of Ontario

profit organization dedicated their own programs and are (LDAO) is a charitable nonchildren, youth and adults with learning disabilities. around Ontario who offer to improving the lives of LDAO supports chapters knowledgeable about resources in their communities.

### www.LDAO.ca

or call 416.929.4311



### **DISABILITIES?** LEARNING

www.integra.on.ca

Learning disabilities are complicated. Helping isn't.

www.LDAO.ca

# Learning Disabilities (LDs) are very common and affect 5 to 10 percent of Canadians.

LDs are brain-based problems that affect one or more ways that a person takes in, stores or uses information. LDs can interfere with learning basic skills such as reading, writing, and math.

They can also interfere with higher level skills such as organization, time management and social skills.

# People with LDs are intelligent and can learn.

The difficulties they experience are due to impairments in one or more of the psychological processes related to learning:

- Phonological processing (identifying and manipulating speech sounds)
- Working memory (holding information in mind while also using the information)
- Processing speed (speed of taking in, using or pulling out information)
- Language processing (understanding and expressing information using words)
- Visual-spatial processing (perceiving or organizing visual information)
- Executive functions (planning and organizing)
- Visual-motor processing (carrying out hand-eye activities)

LDs come in many forms and their effects are different from person to person. They relate to:

- Getting information into the brain (Input)
- Making sense of this information (Organization)
- Storing and retrieving information (Memory)
- Getting information back out (Output)

### What do LDs affect?

No two LDs are the same. LDs vary greatly in form and intensity, and can affect one or more of the following areas.

#### Academics

# People with LDs may experience problems with:

READING (sometimes called dyslexia)

- Understanding what is read
- Recognizing words
  Reading fluently
- Breaking words down into their individual sounds

## WRITING (sometimes called dysgraphia)

- Handwriting Putting thoughts on paper
- Organizing written work
  Spelling and grammar

## MATH (sometimes called dyscalculia)

- Doing arithmetic and calculation
- Understanding visual—spatial relationships
- Learning number facts
  Using symbols in math

#### Daily Life

# People with LDs may experience problems with:

- Organizing Managing time Problem solving
- Learning to drive Planning & decision making
- Finding their way in an unfamiliar environment
- Interpreting graphs, charts and maps
- Following multi-step instructions
- Finding things on a cluttered desk
- Seeing the "whole picture" or knowing what details are important

#### Social Life

# People with LDs may experience problems with:

- Interpreting facial expressions
- Understanding body language
- Understanding tones of voice
- Taking turns in conversations

## What can it feel like to have LDs?

LDs can affect people differently depending on what they understand about their LDs, and what supports they have in their environment.

### People may struggle with:

- Feeling frustrated with not being able to do what people expect of them
- Having difficulty keeping up with their class mates, co-workers or friends
- Feeling shame about having a disability
- Experiencing a lack of understanding from the people in their lives
- Being the target of bullies

### These situations may lead to:

- Low self-esteem Lack of confidence
- Feeling dumb
  A sense of failure
- Appearing less motivated
  Loneliness
- Social withdrawal

Not all individuals with LDs have social, emotional or behavioural problems. About 40% of people with LDs experience mental health difficulties such as anxiety and depression.

## What does the term Nonverbal Learning Disabilities Mean?

Some people use the term Nonverbal LDs (NLD or NVLD) to describe a group of people who learn best by using words, but may experience problems in any of the following areas:

- Understanding visual-spatial relationships
- So ving problems
- Understanding time
- Understanding social cues
- Math, science and writing
- Motor skills (related to printing and writing)