QUESTION (Rewritten for clarity and emotional truth)

Kia ora,

For as long as I can remember, I’ve struggled with getting things around the wrong way, taking longer to understand new information, and forgetting things I was just told. These patterns have always been there — but I never really felt I could talk about it.

Now I’m ready to face it head-on, without shame. I want to understand if this could be dyslexia, and more importantly, what support might be out there for someone my age.

Where do I start?

RESPONSE (Warm, action-focused, NZ-specific support)

Kia ora, and thank you so much for reaching out —

Taking this step is deeply significant. It takes courage to reflect on your experience and ask for support — especially when it comes to something like dyslexia, which for many people has been hidden, misunderstood, or dismissed.

From what you’ve shared, it’s very possible you think in pictures rather than in the *sounds* of words — one of the defining characteristics of dyslexia. Many adults describe the same experiences you’ve outlined: information getting jumbled, slower processing, short-term memory challenges. These are not personal failings — they’re signs of a brain that works differently. That difference can be powerful once understood.

Here’s how you can begin:

📍 Start with a free dyslexia screener This [online test](https://www.testdyslexia.com) is free and takes just a few minutes. It’s not a formal diagnosis, but it can give you a clear picture of whether your experiences are consistent with dyslexia.

**Important:** *You don’t need a formal diagnosis to start making changes.* If it feels like dyslexia — act as if it is. That’s the core of our “Notice and Adjust” philosophy. There is no harm in adjusting your environment or learning approach. In fact, it can be life-changing.

💡 Understand how your brain works Dyslexic minds are wired differently. Most dyslexics process information visually — they think in pictures rather than in the *sounds* of words. This can create challenges with reading, spelling, memory, and sequencing — but it also brings strengths in creativity, problem-solving, and big-picture thinking.

This video <https://www.youtube.com/watch?v=eJ8k6zH71xw> offers a powerful overview of dyslexic thinking — it’s well worth watching.

🧠 Where to get practical help If you’re ready to take next steps, here are some trusted options:

**Remarkable Minds**
A New Zealand-based service offering help specifically for adults and teens — with both online and in-person support, and a mix of free and paid options. Highly recommended.
[www.remarkableminds.org](https://www.remarkableminds.org)

**Formal assessment?**
If you do want a formal diagnosis for workplace or legal support, we suggest you contact SPELD <https://www.speld.org.nz/our-services/diagnostic-assessment>

There are other assessment providers and you will find someone local to you with an internet search.

🛠️ Tools to rebuild self-esteem Many dyslexic adults carry shame or frustration from school or work experiences. But dyslexia is not a deficit — the only disability is self-esteem, shaped by how society misunderstands us.

  .    Need support with literacy or study skills? Free and subsidised help is

        available through [www.literacy.org.nz](https://www.literacy.org.nz)

* Speld [https://www.speld.org.nz](https://www.speld.org.nz/)
* Davis Dyslexia Programme: Works well for adults and takes a visual-spatial approach that aligns with dyslexic strengths — [www.davisdyslexia.co.nz](https://www.davisdyslexia.co.nz)

🌱 Connect with others Sharing the journey with others can be incredibly powerful. These resources can help:

* [Adult Dyslexia Facebook Group](https://www.facebook.com/groups/1748281322148784)
* [Truth About Dyslexia Podcast](https://truthaboutdyslexia.com/adult-dyslexia-podcast)
* [No Such Thing As Normal Podcast](https://podcasts.apple.com/nz/podcast/no-such-thing-as-normal/id1690292523)
* [Made By Dyslexia](https://www.madebydyslexia.org): global movement celebrating dyslexic strengths

🌟 Final thought Dyslexia is lifelong — but so are its gifts.\*\*It’s never too late to understand yourself more fully, and there is no shame in seeking help. In fact, it’s one of the most empowering things you can do.

You are not broken — you’re wired differently. And that difference is part of your strength.

If you’d like help navigating the next step, I’m right here. You’re not alone — and the truth is on your side. \*\*\*

Ngā manaakitanga,
**Dyslexia Foundation of New Zealand**
*“Get it right for dyslexia, get it right for all.”*

*\*\* never use gifts or super-powers – use strengths instead*

*\*\*\* never offer personalized follow up help*