



Fact Sheet

Adults and Learning Disabilities

It is not uncommon for adults with a learning disability to be unaware of the difficulties they have experienced personally, in school, or on the job, may be due to a learning disability.

A learning disability is a life long disorder that affects 10 per cent of the population. Often called an invisible handicap, a learning disability may go undiagnosed and those affected face many academic and social struggles.

Excellent speaking ability, but difficulty putting thoughts on paper
Good mechanical ability, but difficulty with reading, writing, or spelling
Difficulty maintaining relationships or making friends
Learns well when shown, but has difficulty following written and/or verbal instructions
Feels anxious, tense, depressed and lacks confidence
Cannot organize belongings, time, activities or responsibilities
Arrives late or unusually early for appointments
Difficulty finding and keeping employment

Many adults experience one or more of the above signs in the normal course of life. When a number of these signs are present they may indicate the presence of a learning disability. Only professional evaluation will determine the presence of learning disabilities.

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