



LD Resources Foundation

SURVIVAL GUIDE

For Adults with LD and ADD



LDRF SURVIVAL GUIDE

- Empower Yourself
- Know your Rights to Accommodations
- Use Assistive Technology
- Stay Organized
- Understand & Maintain your LD Documentation
- Stay Positive



Empower Yourself

BE SMART. ACT SMART. LIVE SMART.

- Know your talents and strengths
- Know your weaknesses and challenges
- Explore what you need to face your challenges and SUCCEED
- Never, ever be embarrassed to ask for help



Know your Rights to Accommodations

Be PROACTIVE - Investigate your Rights

- Realize that help can be found at various places:
 - At College – disabilities department, information desk, counselor's office
 - Online – for a list of resources go to www.LDRFA.org



Know your Rights to Accommodations

- Make use of the services and technologies to which you are entitled
- Actively seek the support that will help you **SUCCEED**



Use Assistive Technology

- Be informed about the various tools available.
- Explore what works best for you!
- For more information, go to
 - www.LDRFA.org
 - www.readingmadeeasy.com



Stay Organized

- Be realistic about how long it will take you to complete an assignment or a project:
 - Develop a work plan to help keep you on schedule
 - Give yourself time to review your work thoroughly
 - Ask a friend to proofread for you



Stay Organized

- Use management tools to keep you on schedule and on time:
 - Outlook or Entourage for email at home and school
 - Pocket calendar and PDA when you are on the go
- Organize your files and notebooks by color– it helps minimize the chaos!



Understand and Maintain your LD and ADD documentation

- Familiarize yourself with what your medical and professional evaluations recommend. If you're not sure what they mean, **ASK! ASK! ASK!**

This:

- Tells you what you need and what you should ask for
- Helps you understand your learning differences and challenges



Maintain your LD and ADD documentation

- Make sure that documents comply with your school guidelines
- Keep documents current so that you qualify for the accommodations you need and deserve (Documents should be less than 5 years old for adult LD; less than 3 years old for ADHD)



Stay Positive

- Create goals that focus on developing your talents and strengths
 - Create active steps to help reach your goals
 - Make use of resources: people, technology, and accommodations



Stay Positive

- Don't build barriers that will isolate you.
- Don't let your LD define you.
- Take charge of your learning, your growth, and your life.