

How can YOU help me?

- ✓ Let me sit facing away from a light source, such as a window;
- ✓ I prefer not to face bright reflective surfaces, such as shiny posters;
- ✓ Please **reduce artificial light** in the classroom as much and as often as possible;
- ✓ Please change your presentation slide background to grey or cream to reduce contrast;
- ✓ As my brain works super hard, I may need a break a little more often than my classmates;
- ✓ Give me a bit **extra support** and let me participate orally;
- ✓ Let me try some of your coloured overlays and print my classwork on **coloured paper**;
- ✓ Please **ask me about Irlen Syndrome**, what helps me and what makes my learning experience easier!
- ✓ **Get in touch with ISEE** (help@i-see.co.uk) for more resources and support.

Hello,

My name is
and I have **Irlen Syndrome**.

This means that the light hurts my brain and sometimes I see things differently from you.

I may have to wear special coloured-lens glasses to help filter out the type of light which upsets my brain.



Irlen Syndrome is a visual processing disorder which affects the visual cortex in the brain.

The visual cortex is unable to process certain types of light correctly, resulting in reading challenges and other symptoms.



Because my brain processes the light in a different way, I may have some of these **symptoms** some or all the time:



Print distortions



Headaches & migraines



Nausea



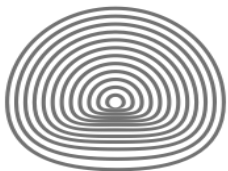
Painful and/or watery eyes



Light sensitivity



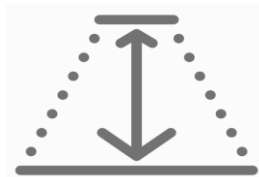
Fatigue



Environment distortions



Anxiety and/or sensory overload



Depth perception issues

Fold here

Please be patient if:

- ✓ I can't read from the whiteboard – the words often jump about, fade or disappear!
- ✓ As my brain works super hard, I may need a break a little more often than my classmates
- ✓ I am very clever and if you let me discuss a topic rather than write about it, you will be impressed!
- ✓ I may seem a bit shy/reserved – that's because I know I can't see things in the same way as others and I may not want to draw attention to myself
- ✓ My handwriting may not follow the lines or be as neat as you would like. It is difficult to be precise when the lines wriggle about!
- ✓ I may feel sick, dizzy or have a sore tummy or headache at times
- ✓ It may take me longer to read or perform tasks as my brain gets very busy processing the light. I am not lazy!

