



Learning Disabilities (LD)

A person can be of average or above-average intelligence, not have any major sensory problems (like a hearing impairment), and yet struggle to keep up with people of the same age in learning and regular functioning.

How can one tell if a person has learning disabilities?

Learning disabilities can affect a person's ability in the areas of:

- Listening
- Speaking
- Reading
- Writing
- Mathematics



Other features of a learning disability are:

- A distinct gap between the level of achievement that is expected and what is actually being achieved.
- Difficulties that can become apparent in different ways with different people.
- Difficulties that manifest themselves differently throughout development.
- Difficulties with socio-emotional skills and behavior.



“ UNDER THE CHARTER OF RIGHTS AND FREEDOM AND HUMAN RIGHTS ACTS OF INDIVIDUAL PROVINCES AND TERRITORIES, PEOPLE OF ALL AGES WITH LDS ARE PROTECTED AGAINST DISCRIMINATION AND HAVE A RIGHT TO DIFFERENT FORMS OF ASSISTANCE IN THE CLASSROOM AND WORKPLACE ”.

Source: www.ldac-acta.ca

Identification

Learning disabilities affect every person differently, and the disorder can range from mild to severe. Sometimes people have more than one learning disability. In addition, approximately one third of people with LD also have attention deficit hyperactivity disorder (ADHD), which makes it difficult for them to concentrate, stay focused or manage their attention to specific tasks.

If there is reason to think a person might have learning disabilities, it is important to collect observations from parents, teachers, doctors and others who are regularly in contact with that person. If there appears to be a pattern of trouble that is more than just an isolated case of difficulty, the next step is to seek help from the school administration or consult a learning specialist for an evaluation.

What causes learning disabilities?

Experts are not exactly sure what causes learning disabilities.

LDs may be due to:

- Heredity - Often learning disabilities run in the family, so it's not uncommon to find that people with learning disabilities have parents or other relatives with similar difficulties.
- Problems during pregnancy and birth - LDs may be caused by illness or injury during or before birth. They may also be caused by drug and alcohol use during pregnancy, low birth weight, lack of oxygen and premature or prolonged labor.
- Incidents after birth - Head injuries, nutritional deprivation and exposure to toxic substances (i.e. lead) can contribute to learning disabilities.
- Learning disabilities are not caused by economic disadvantage, environmental factors or cultural differences.

“Are learning disabilities common?”

1 in 10 Canadians has a learning disability”.

Strategies, Accommodations and Modification

Depending on the type of learning disability and its severity, as well as the person's age, different kinds of assistance can be provided. Each type of strategy should be considered when planning instructions and support at a school or in the workplace. Finding the most beneficial type of support is a process of trying different ideas and openly exchanging thoughts on what works best.

Where to get help

**Learning Disabilities
Association of Canada**
613-238-5721
ldac-acta.ca

THE RIGHT TO LEARN,
à THE POWER TO ACHIEVE.
We have provided leadership and support to people with learning disabilities (LD), their parents, teachers and other professionals. We provide cutting edge information on learning disabilities, practical solutions, and tools you can use....

CLINIQUE FOCUS
Cliniquefocus.com

Multidisciplinary specialized assessment and intervention for children, adolescents and adults. ADHD and related issues.

Youth to youth
1 877 238-5332
youth2youth.ca

This site has been developed by young people just like you with learning disabilities. This is our site - a place for us and our friends.

CLEF Mitis-Neigette
418 724-6749
clef.alphabetisation.ca

The Centre de Lecture, d'Écriture et de Formation adapts its services to peoples needs in each and every community of the MRC de Rimouski-Niegette and La Mitis. Do not hesitate to contact them if you have difficulty to read, write, calculate or use a computer.

To find a center in your region, please contact:
**Regroupement des groupes
populaires en alphabétisation du
Québec**
1-800-277-9976
rgpaq.qc.ca



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

If you need assistance in obtaining English-language services, please do not hesitate to contact us.

Telephone : 418.936.3239
Toll free : 1 855.936.3239
Email : info@heritagelsl.ca
130 Principale, Métis-sur-Mer

Where To Go For LD Testing

There is only one way to know for certain if you have learning disabilities - a formal evaluation known as a psychological assessment is the way that learning disabilities are diagnosed. These are done by a qualified member of a registered group such as the College of Psychologists who has been trained to identify learning disabilities. Such professionals may be clinical or educational psychologists, school psychologists, psychological associate, neuropsychologists or learning disabilities specialists.

Assessments can also provide a lot of useful information about your profile of abilities (your strengths as well as your weak areas) and about ways of helping (strategies and accommodations).

Find a Qualified Professional Here:

- Ask your Guidance counselors in high schools
- A Disability support services coordinator at your colleges or universities
- A Learning Disabilities Association in your area
- Community mental health agencies
- Counseling or study skills center at a local college or university
- Educational therapists or learning specialists (psychologists) in private practice

After you make contact with any of the above, ask to be referred to a professional who has experience working with adults with learning disabilities. When you meet him/her, you'll want to ask questions for reassurance that you are working with the right person.

source: www.youth2youth.ca

Children and School

Schools often don't help children with learning and reading problems enough. The reasons include:

- children are labelled as behaviour problems
- teachers are not trained in remedial reading
- scarcity of special reading resources

Children with learning and reading disabilities often experience constant failure at school. Many children with learning disabilities develop behaviour problems. This is because many of these children also have attention-deficit/hyperactivity disorder and also because of their frustration with constant difficulty at school.

Children with learning disabilities have normal intelligence but have problems with some aspect of learning. The most common learning disability is reading disability. This is sometimes called dyslexia.



source: www.aboutkidshealth.ca