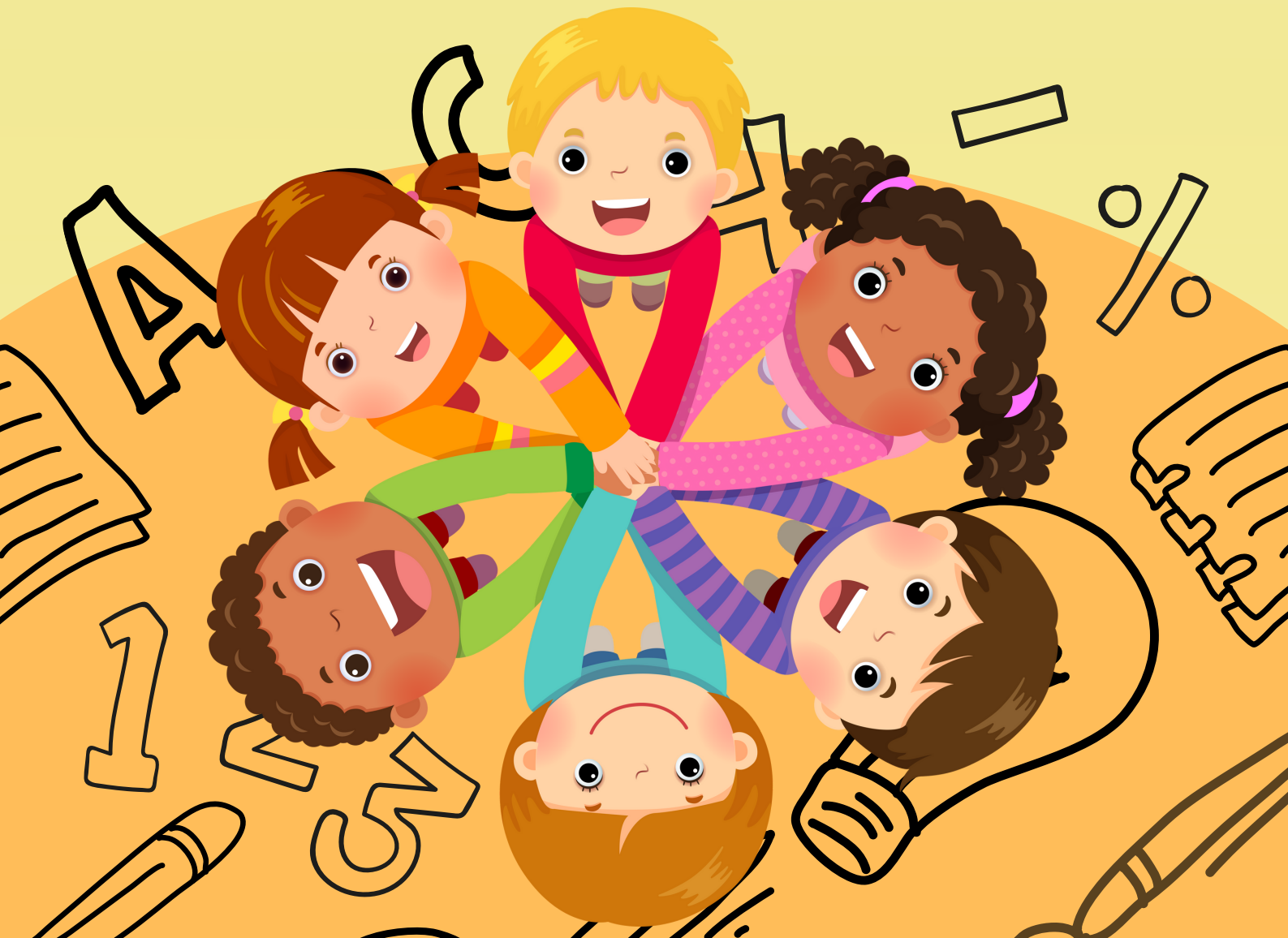


LEARNING DISABILITIES

An Awareness Guide

"IT'S NOT A DISABILITY, IT'S A DIFFERENT ABILITY." - STUART DUNCAN



What are learning disabilities?

Learning disabilities (LD) are a set of neurodevelopmental disorders that can greatly hinder a person's learning abilities. Also known as specific learning disorders, they can be characterized as persistent impairment in at least one of the three major areas: reading, writing, and/or math.

They are usually categorized on a spectrum ranging from mild, moderate, and severe.

Mild

- 85% of LD Population.
- Can generally learn reading, writing, and math skills between 3rd-6th grade level. May have jobs and live independently.

Moderate

- 10% of LD Population
- Maybe able to read and write. Able to learn functional skills, though require some supervision.

Severe

- 5% of LD Population.
- Probably able to read and write, although may learn self help skills. Requires daily supervision.

Profound

- 1% of LD Population
- Requires intensive support. Maybe able to communicate verbally and through other mediums as well. May have medical conditions that might require ongoing care and therapy.



Types of learning disabilities

Note: Not necessary that all Learning disabilities be combined, few can be individual too.

1

DYSLEXIA Impairment in reading

People with this type might have difficulty with:

- Reading fluently
- Spelling correctly
- Associating letters with their sounds (phonetics)
- Distinguishing between similar looking alphabets like 'b' and 'd' / 'M' and 'W'
- Mispronouncing common words
- Comprehension



2

DYSGRAPHIA Impairment in writing

People with this type might have difficulty with:

- Writing neatly
- Following grammatical rules and punctuation
- Spacing words consistently
- Difficulty with fine motor skills such as holding writing tools and utensils.
- Spelling accurately



3

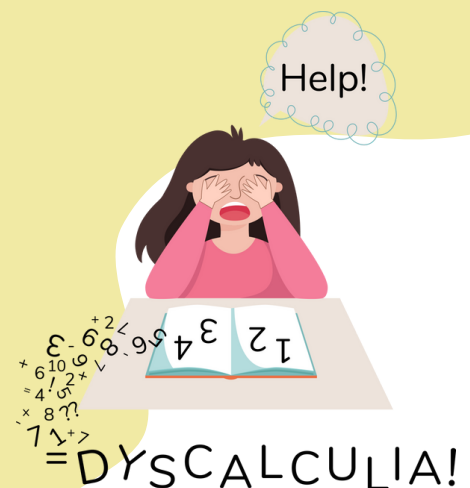
DYSCALCULIA Impairment in mathematics

Younger children may have a problem with:

- Learning how to count
- Recognizing numbers
- Understanding math signs such as + and -

Older children & adults may have difficulty with:

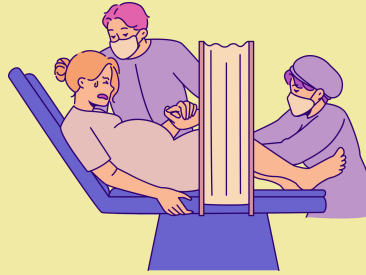
- Understanding basic math concepts
- Spatial awareness
- Counting money and change
- Recognizing the distance between two objects



Causes of learning disabilities



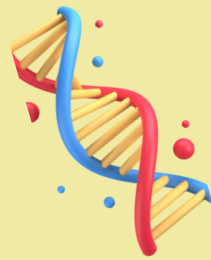
Infection before birth



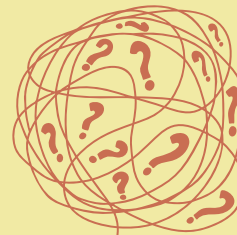
Brain injury or damage at birth



Brain infections or brain damage after birth



Genetic Factors



Unknown or Multiple Factors

Strengths of learning disabilities



Creative and Imagination



Out of the box thinking



Strong Visual Skills

Mental Health & Learning Disabilities

While learning disabilities are not categorised as mental health problems, people with learning disabilities are at a higher risk to develop behavioural and emotional problems.

Therapeutic Interventions that can be used for Learning Disabilities



SPECIAL EDUCATION



Children who are facing learning disabilities receive specialised schooling having special educators on board with greater care and pace on the same curriculum.



PSYCHOTHERAPY



Psychotherapy sometimes known as talk therapy that aims to help an individual identify their emotions, thoughts and behaviours which can be worked upon with the psychotherapist.



PLAY THERAPY



Play Therapy is a form of therapy which inculcates play like toys, cards, games, puzzles and role plays with children which helps in expressing themselves naturally.



ARTS BASED THERAPY



Arts Based Therapy is a concurrence of various art forms (drama, rhythm and visual arts). The ABT practitioner makes a use of stories, songs, metaphors, drawings, colors and other appropriate materials to meet the client's needs.

Parent's Dialogue

Learning disabilities in the real world



Learning Disability is a very complex but familiar topic these days. There are a lot of exposure facilities in this field for the students. Parents feel that their child is perfect & has no issues with their studies but if they are not performing well then they start blaming. They are not performing children well then they start blaming their child, which really is Sad. The most important thing is to understand recognise & and acknowledge the problem & and then address it to a professional. Experts can really help parents to understand & deal with their child's issues.

I was lucky to get such a professional remedial educator "**Miss Poonam Shah**" for my son. Miss Poonam Shah is a trained professional who provides students with the necessary guidance and support to remove or manage their learning difficulties. She is very hard working. My son was falling behind his studies & had difficulty in focusing the subject matter but with her guidance he could deal with his Flaws & challenges. I could see a major growth & confidence in my Son. I can't thank her enough for all the efforts & time to time guidance for my son's overall department.

I would request, all the parents to understand their child's issues & address it timely to get a happy and confident child.

~Anonymous Parent

Expert's Dialogue



Ms. Poonam D. Shah

Phone Number - +91 7506361801

Counselling Psychologist, Remedial educator, Teacher Trainer, Therapist, and Life long Learner have been in practice for more than 18 years in Counselling for children, parents, adolescents, youth, and couples counseling in online and offline modes. Moreover, has been a Course coordinator for 14 batches of LD course at Nanavati College.

Every child is born with an ability. Learning takes place when the child is taught in a way he/she can make use of his optimum ability. When the child is unable to Learn the “Taught” way, we as Educators need to employ the “Thought” way. The thought way is teaching skill-based learning using remedial methods to enhance learning. The academic achievement of children having LD may be poor. The child could be having one or more issues in the areas of Attention, Behaviour, Understanding, Recognizing letter sounds, Grammar and syntax, etc.

Learning Disability is a Lifelong condition. If there are reversals in Letters and numbers for a child for a short-term period it may or may not be a Learning disability. It could be due to Scholastic Backwardness due to various factors. The same is taught at Nanavati College through “Mehak” centre’s part-time LD course.

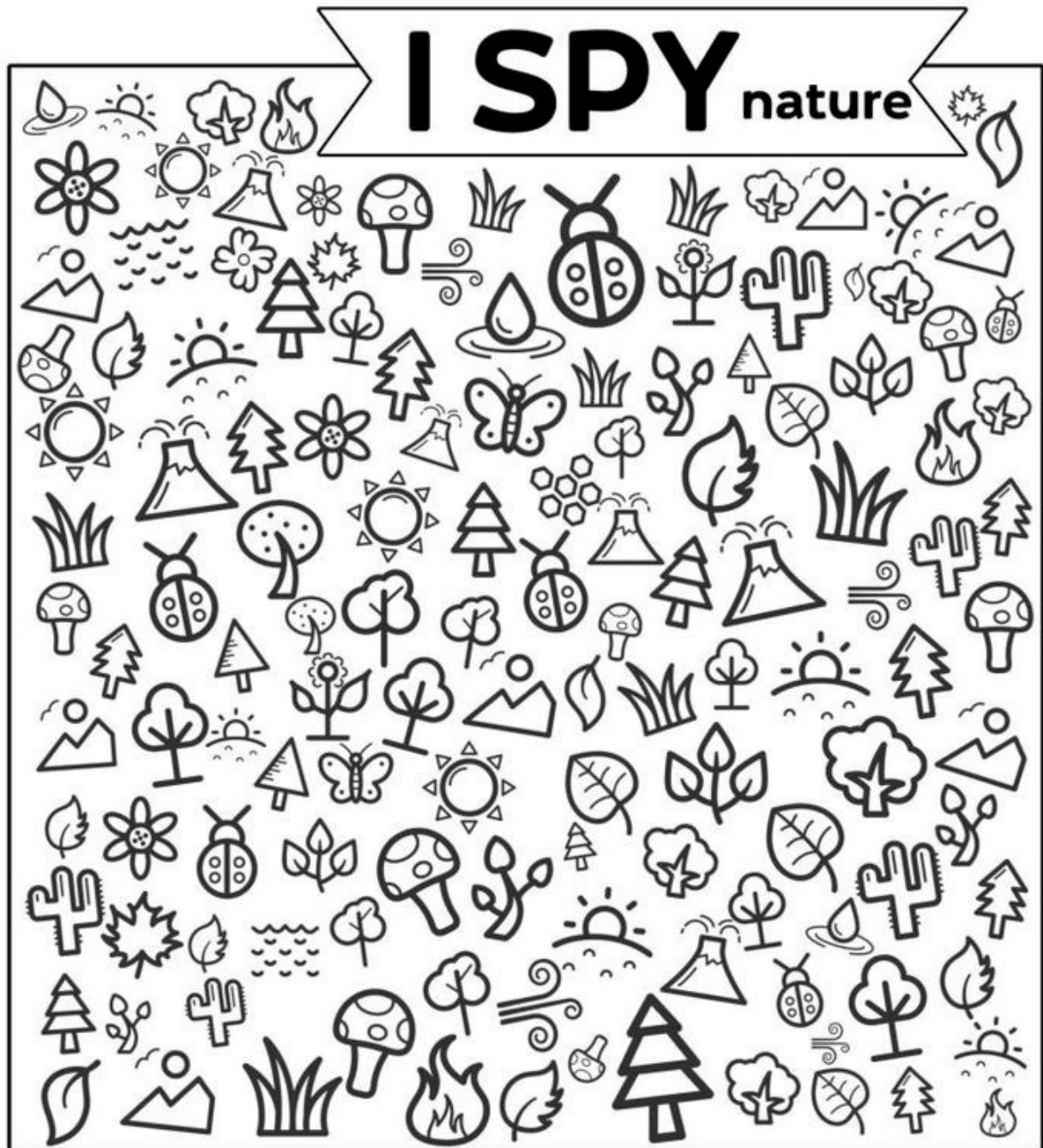
The same needs to be evaluated by a Psychologist. IQ test alongwith Psychoeducational Evaluation is also done at Sion, Nair and KEM hospitals. The child needs a letter from school principal alongwith Teacher/ counselor observations. It would be unfair to label the child without a Mental health professional. Teachers and parents need to Stop labeling the child and start motivating the child.

Learning Disability cannot prevent the person to achieve his/her goals in Life as Child with LD may be having average to above average IQ. Remedial strategies, way of teaching & Learning methodology , consistent support, Speech and OT as required bring about a wholesome development in the child.

Besides this, it is very important to guide, coach, counsel parents and teachers from time to time to help the child in his growing years. A parent specially needs counseling from time to time as the parent passes through stages of grief and finally accepts the child as he/she is. That’s where the journey of the child starts!

ACTIVITY TIME!

INSTRUCTIONS: Find the objects as per their number given below.
 For example : 4 ☀️ means that there are 4 sun's in the picture, and you need to find them!
 Once found, you can tick them off/circle them/ or even colour them!



- | | | | | | | | | | | | | | | | | | | | |
|---|----|---|---|---|---|---|---|---|---|---|----|---|----|---|----|---|----|---|---|
| 2 | ☁️ | 4 | 🌀 | 4 | 🍃 | 2 | 🦋 | 4 | 🍄 | 5 | 🌿 | 7 | 🌲 | 4 | ☀️ | 6 | 🌳 | 5 | 🌵 |
| 1 | 🌸 | 6 | 🐛 | 7 | 🌾 | 1 | 🍯 | 3 | 🍃 | 6 | 🌲 | 7 | 🏔️ | 4 | 🌱 | 7 | 🌳 | 4 | 🔥 |
| 3 | ☀️ | 2 | 🌱 | 4 | 🌸 | 6 | 🍃 | 2 | 🍄 | 7 | ☀️ | 3 | 🌲 | 9 | 🍄 | 6 | 🏔️ | 3 | 💧 |

Help is a call away!

PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD
1800-102-4040

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111**
(MON-SAT, 8AM-10 PM)
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800**
(MON-FRI, 10 AM-8PM)
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9 AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726**
(7 DAYS A WEEK, 24 HOURS)

Do you want to contribute to making Mumbai the Kindness capital?

Reach out to us on info@projectmumbai.org

or

visit us at www.projectmumbai.org



**You can follow our
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