

# West Niagara Psychology Centre

www.westniagarapsychology.ca

## WHAT IS A LEARNING DISABILITY?

A Learning Disability in children is marked by persistent academic difficulties in one or more areas despite appropriate ability to learn and due to underlying processing difficulties in one or more domains. Learning Disabilities affect the way in which a person takes in, remembers, understands, and expresses information, both verbal and non-verbal. Learning disabilities are life-long and in adults, they impact an individual's ability to acquire or demonstrate his/her learning in post-secondary learning, as well as in the workplace.

Signs of learning disabilities in the preschool years include: difficulties with speech and language development, trouble learning letters and number concepts, problems with attentional control, difficulties with socialization with peers, and behavioral difficulties. In the school years, signs of a learning disability include trouble learning to read or spell, slow to remember facts or recall information from memory, poor motor coordination/ fine motor abilities, delayed academic abilities, and problems with organization and focus. Behavioral issues and school refusal/ anxiety can also be a sign that a person has a Learning Disability. During the high school years, students who have Learning Disabilities may perform well academically, but require significantly more time to learn, recall, or complete their work.

Psychological testing is required to determine the presence of a learning disability and can be completed at any time during the child's development or in adulthood to assess the individual's cognitive, pre-academic/academic, and processing (e.g., phonological processing, memory, fine motor, executive functions, attentional control) skills.

## WHAT'S NEW IN GROUP?

We are currently holding a wait list for the following groups:

Master Your Stress: Methods to Reduce Stress Through Multiple Modalities

Worry Warriors (Children ages 7-9; 10-12)

Circle of Security

## Quote of the Month

**“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence”** Helen Keller

## BOOKS & RESOURCES

“Understanding Learning Disabilities: A Parent's Guide and Workbook” by Trusdell

“The Source for Learning Disabilities” by Currie and Wadlington

“Sharing the Secrets: Teaching Your Child to Spell” by May and Simon

[www.ldao.ca](http://www.ldao.ca)

[www.understood.org](http://www.understood.org)

[www.ldaniagara.org](http://www.ldaniagara.org)