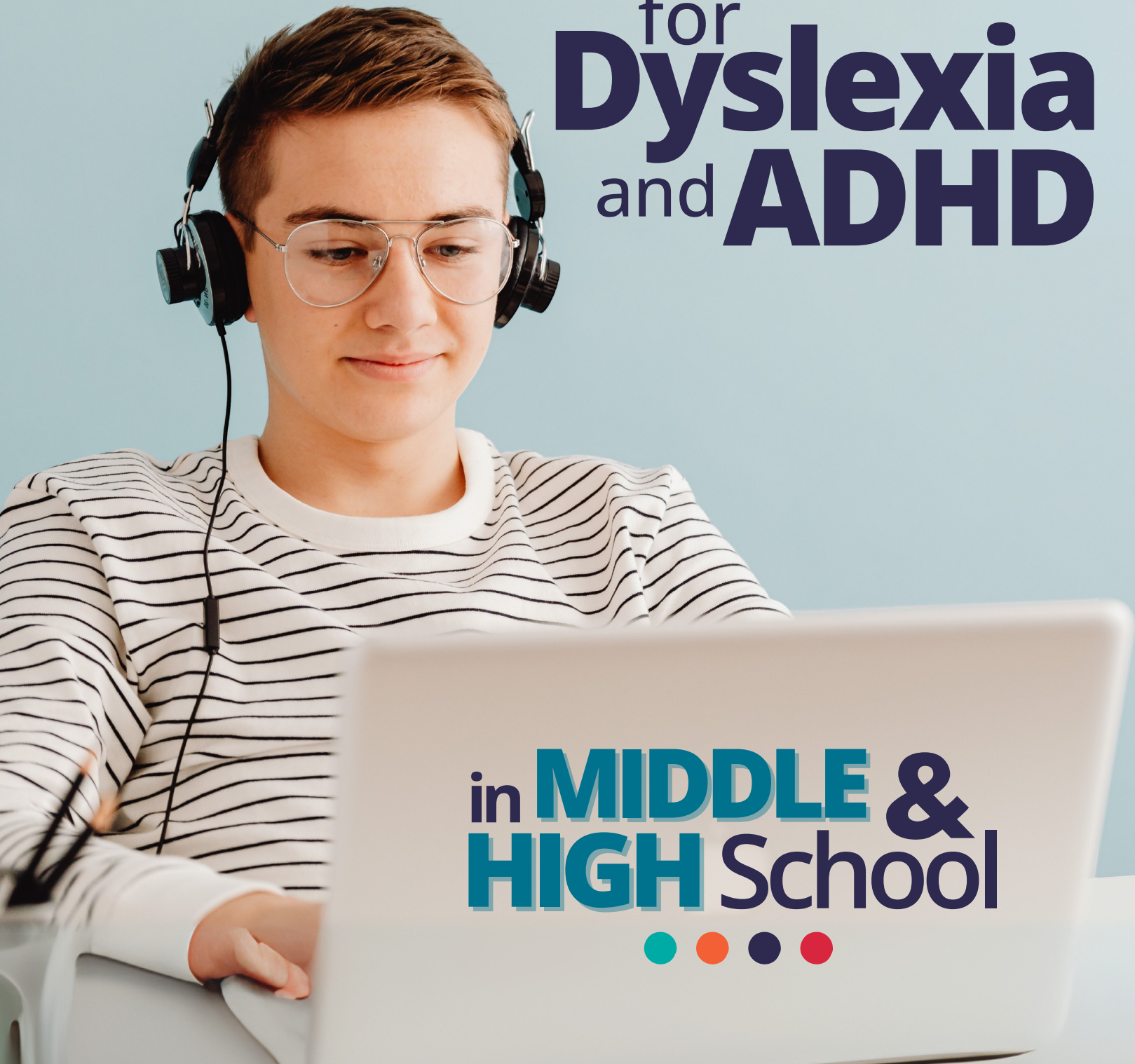


THE COMPREHENSIVE GUIDE TO

Accommodations for **Dyslexia** and **ADHD**

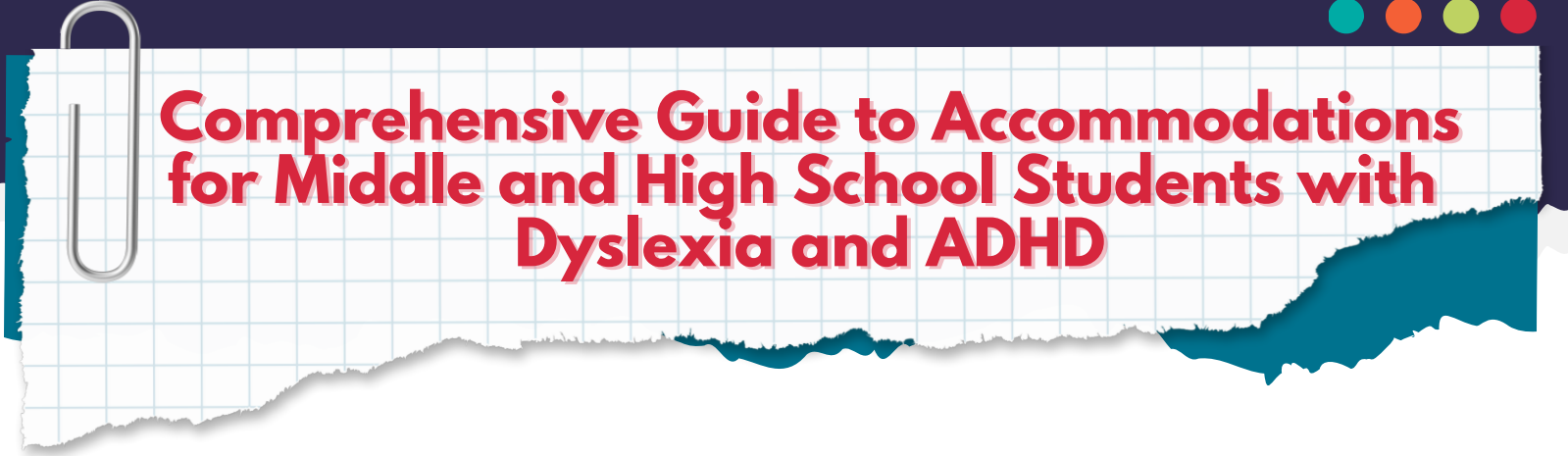


in **MIDDLE &
HIGH** School



Homeschooling
WITH DYSLEXIA

Educate yourself so you can educate your child.



Comprehensive Guide to Accommodations for Middle and High School Students with Dyslexia and ADHD

Homeschooling provides a flexible and individualized approach to learning, making it an ideal setting for students with dyslexia and ADHD. Accommodations help ensure these students are able to access information by modifying the learning environment to meet their needs. This guide will explore accommodations, how they differ from those in public school, and provide specific recommendations for various types of learning.

What Are Accommodations? ●●●

Accommodations are adjustments made to the learning process that help students with dyslexia and ADHD access and demonstrate their knowledge without altering the curriculum or academic expectations. These modifications support students by removing barriers that hinder learning, allowing them to work at their potential while respecting their unique challenges.

Accommodations are different from modifications, which change the level of curriculum difficulty. Instead, accommodations adjust how the content is delivered, how students express their understanding, and the learning environment.

How Are Homeschool Accommodations Different from Public School Accommodations? ●●●

In public school, accommodations are typically outlined in an Individualized Education Plan (IEP) or 504 Plan. Schools must comply with legal requirements to provide support services. In homeschooling, parents have the freedom to tailor accommodations without the need for formal documentation. This flexibility allows for real-time adjustments, ensuring that accommodations are practical and effective.

Unlike in public school settings, where accommodations may be limited by resources, homeschooling parents can provide one-on-one support, modify schedules, and integrate assistive technology more seamlessly. The key is recognizing what works best for the child and implementing strategies that foster their independence and confidence.

Specific Accommodations by Type of Learning

1. Reading Accommodations

Students with dyslexia often struggle with decoding, fluency, and therefore, comprehension. The following accommodations can help:

- **Audiobooks and Text-to-Speech (TTS)** – Using tools like Learning Ally, Audible, or speech-to-text apps to assist in reading comprehension.
- **Paired Reading** – Reading aloud together to model fluency and build confidence.
- **Large Print or Dyslexia-Friendly Fonts** – Using resources with larger text or fonts designed to improve readability (e.g., OpenDyslexic font).
- **Graphic Organizers** – Visual aids that help break down text structure and improve comprehension.
- **Reduce Reading Load** – Assign shorter passages or break reading into smaller, manageable sections.
- **Oral Testing and Discussion-Based Assessments** – Allowing students to demonstrate comprehension through verbal responses instead of written ones.

2. Writing Accommodations

Writing can be challenging due to spelling difficulties, motor coordination issues, and executive function struggles. Helpful accommodations include:

- **Speech-to-Text Software** – Tools like Dragon NaturallySpeaking or Google Docs Voice Typing.
- **Keyboarding Instead of Handwriting** – Encouraging the use of a laptop or tablet.
- **Spelling and Grammar Tools** – Using Grammarly, Microsoft Editor, or built-in spell-check.
- **Graphic Organizers and Mind Maps** – Tools like Inspiration or MindMeister for structuring writing.
- **Scribe Support** – Parents or dictation software assisting with writing assignments.
- **Extended Time for Writing Tasks** – Allowing more time to complete written assignments.

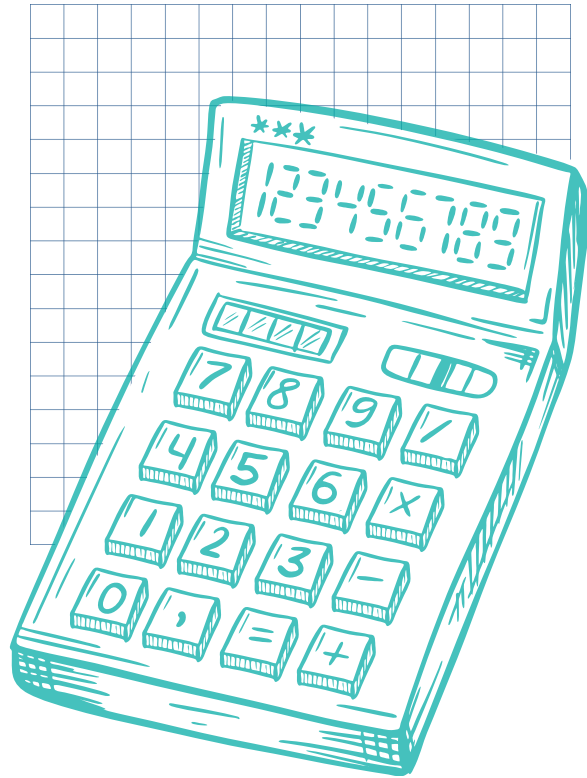


Specific Accommodations by Type of Learning

3. Math Accommodations

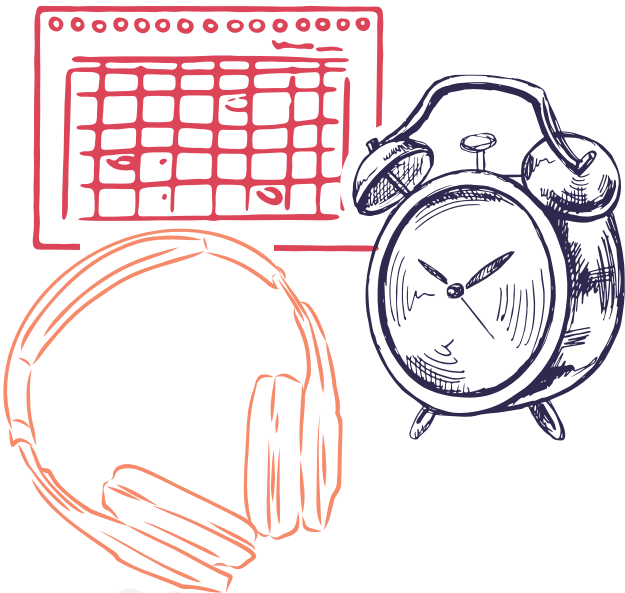
Many students with dyslexia and ADHD struggle with math due to working memory issues and processing speed. Accommodations for math include:

- **Allowing Calculator Use** – For complex calculations to reduce cognitive overload.
- **Multisensory Math Programs** – Using manipulatives (e.g., base ten blocks) and visual aids.
- **Math Apps and Software** – Programs like Khan Academy, Math U See, or Times Tales for interactive learning.
- **Graph Paper for Aligning Numbers** – Helping with number spacing and organization.
- **Reduce Written Work** – Allowing oral responses for problem-solving.
- **Break Down Word Problems** – Highlighting key information and using step-by-step problem-solving techniques.



4. Attention and Executive Function Accommodations

Students with ADHD often struggle with focus, organization, and task completion. These accommodations can be effective:



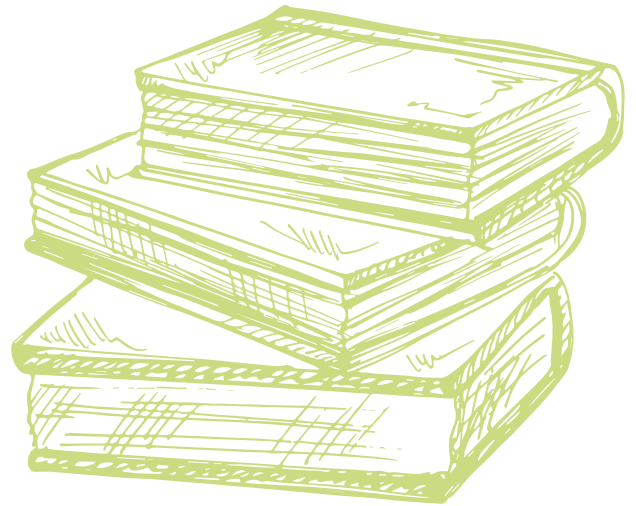
- **Flexible Scheduling** – Shorter work sessions with movement breaks.
- **Task Checklists and Planners** – Using digital or paper planners for organization.
- **Timers and Visual Schedules** – Setting timers to keep track of work and break times.
- **Alternative Seating Options** – Using standing desks, wobble cushions, or sitting on an exercise ball.
- **Noise-Canceling Headphones** – Minimizing distractions in the learning environment.
- **Accountability Partners** – Using a parent, sibling, or co-op group for task accountability.

Specific Accommodations by Type of Learning

5. Testing and Assessment Accommodations

Testing can be stressful for students with dyslexia and ADHD. Consider these accommodations:

- **Untimed or Extended Time Testing** – Reducing anxiety by allowing more time.
- **Oral or Alternative Assessments** – Demonstrating knowledge through presentations or projects instead of traditional tests.
- **Open-Book or Note-Assisted Tests** – Helping reinforce learning without the stress of memorization.
- **Chunking Tests** – Breaking exams into smaller sections.
- **Testing in a Distraction-Free Environment** – Creating a quiet and comfortable testing space.



Accommodations in homeschooling provide students with dyslexia and ADHD the opportunity to thrive in an environment tailored to their unique needs. The key to success is flexibility, ongoing assessment, and adapting accommodations as needed. By using these strategies, parents can foster confidence, independence, and academic success in their children.

If a particular accommodation isn't working, don't be afraid to modify or replace it. The beauty of homeschooling is the ability to create a learning experience that truly supports the student's strengths and challenges.

By incorporating these accommodations, parents can ensure their students not only manage their challenges but also develop a love for learning that lasts a lifetime.