

## Reading suggestions for adults

### 1. Readability.

There are ways of calculating the readability of texts according to word length, sentence length and complexity.

A simple method is called the **Five Finger Test**: Choose a book you like.

- Open it in the middle.
- Try to find a page without pictures.
- Start reading at the top. Go on till you reach a word you do not know.
- Put your little finger on it.
- Continue reading. Put a finger on each word you do not know.
- If you run out of fingers before you get to the bottom of the page, the book is probably too difficult for independent reading.

### 2. Other ways of enjoying books.

Listen to an audio-tape of the book, while following the words in the book.

**Listening Books**, Loan audio-tapes.

Tel: 020 7407 9417 [www.listening-books.org.uk](http://www.listening-books.org.uk)

**Calibre**. Loan audio-tapes.

Tel: 01296 432 339 [www.calibre.org.uk](http://www.calibre.org.uk)

Many bookshops and mail order firms sell audio books.

### 3. Sources of Books:

The following supply a range of dyslexia friendly books. Some are suitable for teenagers and adults.

**Ann Arbor Publishers Ltd** Tel: 01668 214 460 [www.annarbor.co.uk](http://www.annarbor.co.uk)

**Barrington Stoke**. Tel: 0131 315 4933 Fax: [www.barringtonstoke.co.uk](http://www.barringtonstoke.co.uk)

**easy reader ltd**. Tel: 01842 760007 [www.easyreader.org.uk](http://www.easyreader.org.uk)

**Helen Arkell Dyslexia Centre**. Tel: 01252 792 400 [www.arkellcentre.org.uk](http://www.arkellcentre.org.uk)

**LDA Learning**. Tel: 01223 357 744 [www.LDAlearning.com](http://www.LDAlearning.com)

**SEN Marketing**, Tel/Fax: 01924 871 697 [www.sen.uk.com](http://www.sen.uk.com)