

ALDA

UPDATE
Express!

Summer 2008 Edition

Celebrating
20
years
of
Service!

Adult
Learning Development
Association

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Something just didn't feel quite right.

I kept writing numbers down incorrectly and had difficulty focusing on certain job tasks. I had faced similar difficulties throughout my life and decided that it was finally time to speak with my doctor about them, who consequently referred me to ALDA.

As a child, I found school to be a very boring, frustrating experience. I had a very difficult time focusing, especially on subjects that did not interest me. Initially my teachers labeled me as being slow, but after my strong intellectual abilities became apparent, I was then labeled as being lazy or as not trying. I found very little support from teachers, as little was known about learning disorders and it was thought that I was acting this way by choice. I had to struggle through school on my own, with my undiagnosed learning difficulties.

After finishing high school, I went on to pursue a degree in business and spent many years working as a consultant and manager. In my work environment, I was a natural problem-solver and counsellor. I worked well with people and in goal-oriented settings, however, when it came to tasks that required a lot of multi-tasking or recording data, numbers and codes, I struggled and got easily distracted or frustrated. I needed constant variety to stay focused and found it hard to do the more



mundane or repetitive aspects of my job. Upon coming to ALDA, I was given a Psychological/Educational/Vocational Assessment to test for types of learning disabilities or difficulties, and to hopefully answer some of my life-long questions about my thought processes. I was



diagnosed as dyslexic with a mild case of ADHD. At the suggestion of the psychologist who administered my assessment, as well as from past positive experiences with counselling, I chose to return to school to take a 57-week course in a Wellness Counsellor Diploma Program. I felt that these skills came very naturally to me and that they were not hindered by my learning disabilities.



Throughout my life I had always felt huge anxieties regarding my difficulties. After being given the results of my assessment, I felt that I finally understood myself and the way my mind worked. This helped to relieve a lot of frustration and anxiety. I now like to view my learning

Helping people with unique learning needs develop greater independence!

disability as a special kind of ability, as it enhances my creativity and gives me a unique outlook for problem solving. I have learnt to accept my limitations and I have also learnt to take a positive spin on my diagnosis and embrace my unique gifts and potential.

I continue to receive support from ALDA and I also contribute as a mentor. I have spoken to many groups at ALDA about my experiences



living with a learning disability.

I love to encourage others to share their stories and to show people that they are not alone in their struggles. I also enjoy mentoring as it gives me an opportunity to pay forward all the help and support that I have received from ALDA. When asked about any tips for other people

struggling with learning disabilities or difficulties, I would suggest trying to change your own perspective and endeavor to see how your disability can be turned into a unique ability.

I try to stay humble instead of feeling humiliated when I make mistakes because of my learning disabilities, and I have learnt to accept the gift of it all. **Jeff**



ALDA | Adult Learning Development Association

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Content submissions are welcome but may be subject to editing for content or brevity!

Past issues of ALDA Update EXPRESS!
are online at: <http://www.alda-bc.org>

**ALDA's Mentorship Service
can always use your input.
If you are an adult with life
experience then you qualify!**



Share what you know!

Our members, participants and clients love to hear what it's been like for you, where you're at now and where you'd like to be eventually. Either one-on-one or in groups. They gain valuable insight into how to handle the small things in life that can be so hard to master when you have a learning disability. The impact can be very subtle... yet tremendous!

Call 604-683-5554

Helping people work with learning disabilities!



BINGO!



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Gaming revenue is vital to ALDA so we can continue to provide a wide range of services for adults who have learning disabilities, but we can't do it without your help!

Play TODAY!



Know your limit, play within it.

