

I am Claire, now 17 years old, and was finally diagnosed with Irlen Syndrome less than 2 years ago when I was 15. For years I had demonstrated reading difficulties with poor concentration, easily distracted, marked fatigue and headaches. I presumed everyone saw words float or disappear from the page or entire sentences wave, come together, and possibly also disappear. I discovered this was helped somewhat by covering the page with coloured cellophane. This realization finally led to the learning of Irlen Syndrome.

Screening not only indicated I had severe reading problems, but I also demonstrated many other concerns associated with Irlen. I had texture issues, depth and spacial involvement, marked fatigue, all of which I had learned to compensate for over the years.

Irlen filters in the form of glasses certainly were the answer to my reading problems but I continue to have to work with them to overcome the years of compensating for my other concerns.