

## WHAT IS DYSCALCULIA?

Dyscalculia is an unexpected and persistent learning difficulty that makes it hard to understand, learn, or use maths. Although it is often described as “dyslexia with numbers”, it is much less well-known and less researched than dyslexia. It is estimated that dyscalculia affects around 4 million people in the UK - 6% of the population.

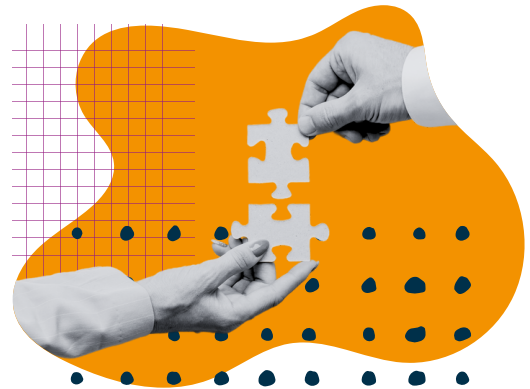
## HOW DOES IT AFFECT YOUR LIFE?

Dyscalculia can cause strong feelings of anxiety towards maths, and this is completely understandable.

Numbers are part of our everyday lives and for someone living with dyscalculia, it can affect lots of real-life situations like managing time, planning a journey, or choosing the right notes and coins to pay with.



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MARK'S STORY



## REAL LIFE EXPERIENCES

National Numeracy has worked with many people who live with dyscalculia. Some tell us that they feel ashamed of it, which has been made worse by the lack of recognition it gets.

Many people living with dyscalculia will have coping mechanisms which work best for them.

One example shared with us at National Numeracy is needing to draw clock faces to help work out and plan periods of time in daily life and work.

This helps but means that simple, everyday tasks many of us take for granted can take much longer.

## SUPPORT

There is growing support for dyscalculia, notably from the Dyscalculia Network, who offer information, support, advice and access to specialist tutors.

National Numeracy also have a page dedicated to dyscalculia. Check out Iona Bain's tips for feeling better about numbers if you have dyscalculia by scanning the QR code below.

