

Learning Disabilities List Handout

Learning disabilities, often identified at school age, affect language, math, coordination, or attention and are typically managed through special education tailored to the child's needs (National Institute of Neurological Disorders and Stroke, 2022).

Understanding these common learning disabilities helps us recognize the challenges individuals face and how tailored support can make a difference. With the right strategies and encouragement, people with learning disabilities can thrive in school, work, and daily life.



The Learning Disabilities Association of America (n.d.) identifies five common types of learning disabilities, three of which (dysgraphia, dyscalculia, and dyslexia) fall under the diagnostic category of specific learning disorders in the 2013 Diagnostic and Statistical Manual of Mental Disorders, 5th Edition.

Oral/written language disorder and specific reading comprehension deficit

Individuals with this learning disability struggle to understand and express language, both in speech and writing. They may have difficulties with semantic processing (understanding word meanings) and syntactic processing (grasping how word order affects meaning), leading to challenges in finding words, listening comprehension, and interpreting sentences accurately.

Non-verbal learning disabilities

Individuals with this condition struggle with understanding non-verbal communication, such as body language, facial expressions, tone of voice, or gestures, which can make social interactions challenging. They may also have poor coordination, difficulty following maps, or trouble with activities involving spatial awareness, like drawing or assembling puzzles.

Dysgraphia

Dysgraphia is a specific learning disorder that affects one's ability to write and fine motor skills, making handwriting messy, hard to read, or slow. Spelling and organizing ideas on paper may be frustrating, even when the person knows what they want to say. This condition can also cause difficulties with spacing letters or writing within lines.

Dyscalculia

This specific learning disability makes understanding numbers and basic math concepts difficult. Tasks like counting, learning multiplication tables, telling time, or handling money may be confusing. People with dyscalculia may also struggle to recognize patterns or sequences in numbers.

Dyslexia

Dyslexia, one of the specific learning disorders, mainly affects reading and spelling skills. People with this condition often have trouble identifying letters or words and may mix up their order. Reading can be slow and exhausting, which impacts comprehension, even though they may have normal intelligence and creativity.

Additional notes

References

Learning Disabilities Association of America. (n.d.). *Learning disabilities*. https://ldaamerica.org/disability_type/learning-disabilities/
National Institute of Neurological Disorders and Stroke. (2022). *Learning disabilities*. <https://www.ninds.nih.gov/health-information/disorders/learning-disabilities>