EVIDENCE BASED TREATMENT PROGRAMS
for dyslexia intervention

Multisensory Structured Language (MSL) therapy often referred to as the Orton Gilligham or OG approach is the gold standard internationally for intervention for dyslexia. There is also research to back up the efficacy of one to one instruction as the most effective form of instruction.

MSL therapists are often not available in an area or unaffordable. This guide was designed as a brief outline of treatment programs, computer programmes and at home programs that are available as an alternative to MSL therapy. The programs were selected due to their wide availability across Australia, online, computer programs or through books or booklets. This is meant as a brief list of programs and treatments that are evidenced based. There are other evidenced based programs in Australia which are not widely available so we're not included. The programmes follow the science of what makes a good quality program for children with learning difficulties. It is worth noting that intervention programs are most effective when followed correctly and students are given time for mastery and automaticity before moving onto the next level.

This is meant to be brief introductory guide with general recommendations and parents should research all programmes thoroughly before undertaking any financial commitment. Not all programs will be suitable or successful for all children.

Defining Evidence-Based Practice

"An evidence-based practice can be defined as an instructional strategy, intervention, or teaching program that has resulted in consistent positive results when experimentally tested (Mesibov & Shea, 2011; Simpson, 2005). The implementation of high quality research is needed in order for intervention strategies to be considered an evidence-based practice (Odom, Collet-Klingenberg, Rogers, & Hatton, 2010). Boutot and Myles (2011) further define “quality” as research that incorporates experimental, quasi-experimental, or single-subject research designs; is replicated multiple times; and is published in peer-reviewed professional journals. It excludes evidence that is supported by anecdotal reports, case studies, and publication in non-refereed journals, magazines, internet, and other media news outlets (Boutot and Myles, 2011). Perry and Weiss (2007) provide terms for which to look when identifying a practice as evidence-based, including data-based approaches, empirically-validated treatment, and clinical practice guidelines."

John Hopkins School of Education http://education.jhu.edu/PD/newhorizons/Journals/specialedjournal/MarderandFraser
MSL therapy

"Individuals with dyslexia or a related difference require explicit, direct and systematic instruction in both oral and written language. (National Reading Panel 2007) (Australian Dyslexia Working Party document 2010) (National Inquiry into the Teaching of Literacy 2007)
Multisensory Structured Language (MSL) includes the principles of scientific reading research but goes one step further with addition of the multisensory component. The multisensory component is what makes MSL differ to other traditional reading and spelling programs."

Australian Dyslexia Association

"Dyslexic students need a different approach to learning language from that employed in most classrooms. They need to be taught, slowly and thoroughly, the basic elements of their language—the sounds and the letters which represent them—and how to put these together and take them apart. They have to have lots of practice in having their writing hands, eyes, ears, and voices working together for conscious organization and retention of their learning."

International Dyslexia Association
http://www.interdys.org/EWEBEDITPRO5/UPLOAD/MULTISENSORY_STRUCTURED_LANGUAGE_TEACHING_FACT_SHEET_11-03-08.PDF

The Australian Dyslexia Association and SPELD have a register of accredited therapists.

At home learning systems

ABC cracking code

Australian
http://crackingtheabccode.com/

ABC cracking the code was developed by an Australian psychologist Dr Lillian Fawcett Ph.D., B.Ed., B.A. (Psychology) Specialist Dyslexia-SPELD teacher whose contribution to discussions in Dyslexia Support Australia are highly valued. Programs are available for reading, writing and spelling.

"Cracking the ABC Code provides evidence-based programs designed to systematically teach literacy skills to students struggling with reading and spelling. The phonic-based, multisensory material utilises well-research literacy learning principles and strategies, and is designed to make a significant difference in a relatively short time-frame. A key point of difference to other phonic
based programs on the market is the inclusion of memory retention strategies and orthographic knowledge (e.g., spelling rules), and the interlinking of phonological awareness, reading accuracy, reading fluency, syllabification skills, reading comprehension, spelling and writing. It is suitable for young children through to illiterate adults." Dr Lillian Fawcett

**Multilit**

(available at reading clinics and at home)
Australian
http://www.multilit.com/

Multilit is a program that has come out of the research of the highly regarded MUSEC department at Macquarie University. It has been updated as new research on reading comes to light. It is not multisensory but can be used with the reading doctor WORDBUILDER app to add a multisensory element. The WORDBUILDER app has been designed with multilit in mind. There are reading centres throughout Australia. It is quite repetitive which is both its strength and weakness and may not suit children who need a more multisensory interactive approach. It is often implemented in a school setting. "MultiLit offers both the Reading Tutor Program and the Word Attack Skills – Extension Program online, delivered by our tutors in a similar way to attending the Literacy Centre."

"MultiLit was coined as an acronym for ‘Making Up Lost Time In Literacy’ in 1995 to refer to the ongoing program of research and development into more effective instruction for low-progress readers conducted by Professor Kevin Wheldall and his colleagues at Macquarie University Special Education Centre. The MultiLit Research Unit was then established to provide a focus for systematic scientific inquiry into how best to meet the instructional needs of students who are struggling to acquire basic reading and related skills, for whatever reason."

**Barton Reading and spelling system**

American
http://www.bartonreading.com/

Susan Barton is a highly regarded dyslexia specialist. This system is designed to be implemented at home. Often the levels can be bought second hand. Barton has many positive anecdotes in Dyslexia Support Australia. Just note as it is American so some spelling has to be adapted.
"The Barton Reading & Spelling System is an Orton-Gillingham influenced phonics intervention program unique in that it is designed for individuals with and without formal training in teaching reading. This program allows tutors to work with young students through adults who struggle with learning to read. The publisher suggests that it will take a student with classic or moderate dyslexia who is tutored twice a week, in one-on-one hour long sessions, two to three years to complete the entire Barton Reading & Spelling System."

http://www.bartonreading.com/FCRR.pdf

**Toe by Toe**

U.K.

http://www.toe-by-toe.co.uk/

Toe by Toe is similar to Multilit in design. It needs to be done frequently in small amounts and is effective when used according to instructions. It is not multisensory and can be a little dull but is effective for many children.

**Alpha to Omega**

U.K.

http://www.dyslexiaactionshop.co.uk/alphatoomegateachershandbook.html


"For over 30 years, the Alpha to Omega programme has offered practical help in teaching reading, writing and spelling to adults and children with learning difficulties, including dyslexia. By following closely the normal pattern of phonological language acquisition, the Alpha to Omega course helps to accelerate students' learning.

The Teacher's Handbook provides detailed lesson plans for each stage of the course. Recently revised and updated by Dyslexia Action, the 6th edition is out now and comes with a separate Student Book. The Student's Book contains all the reading passages and exercises. The Activity Pack CD-ROM provides an extensive supply of photocopiable worksheets that are designed to develop and reinforce the key teaching ideas in the Teacher's Handbook."
All About Learning Press

US (ships to Australia...note American spelling)

http://www.allaboutlearningpress.com/

A multisensory Orton Gillingham booklet program easily implemented at home.

"All About Reading is a complete program that teaches phonics, decoding, fluency, and comprehension in a fun and engaging way. All About Spelling teaches encoding skills, spelling rules, and multisensory strategies to help your student become a proficient speller for life."

Beat Dyslexia

Available at online book retailers such as ACER, Amazon and Book depository.
Each Beat Dyslexia pack contains photocopiable activities, reading and spelling cards and an audio CD.

"The well-established "Beat Dyslexia" series supports those students struggling to read, write or spell. The comprehensive programme develops literacy skills by combining successful phonological approaches with the very best of conventional, multi-sensory and structured teaching methods. The series takes pupils from the earliest stages of letter recognition through to full literacy. Using a wide range of imaginative approaches, the activities are carefully structured so that all the goals are small and attainable. Pupils gain confidence through consolidation and success as they develop their reading skills and build a sound understanding of basic spelling and grammar. The wide variety of phonic activities are based on multi-sensory techniques that assist the teacher in maintaining pupils' interest and enthusiasm - making them ideal for those with short concentration spans. Although primarily designed for dyslexic pupils of all ages, in one-to-one or small group sessions, the careful use of visual and aural approaches, in a clearly structured progression, make them suitable for any pupil struggling to acquire literacy skills. In-built assessment is provided through the progressive series of engaging reading passages and spelling tests."
Computer programmes and apps

Computer programs are often available from these educational specialists

Reading Doctor Programmes and Apps

Australian

There is a reading program and a range of apps. Apps like WORDBUILDERTM are designed not to be stand alone but work really well with programmes such as toe by toe or multilit to make them multisensory.

"Word builder
• Make words from letter-sound patterns
• See, hear and play with the sounds in words
• Fun, intuitive, powerful teaching tool
• Developed by a reading specialist
• Scientifically based
• Complements any phonics program
• Fully customisable
• App available on iPad"

"Reading Sounds™ 1 Pro uses a unique, highly effective, patented system to teach children to associate letters and letter patterns with the sounds they make. It also teaches blending, segmentation, sight word recognition and other key literacy skills found through research to be crucial in the development of reading and spelling ability. The program automatically adjusts learning support for each student. It identifies each student's skill strengths and weaknesses. It spends less time on established skills, and more time with more support on areas of skill weakness, leading to fast and effective learning. It is ideal for children aged between 4 and 8 years old, although it is suitable for older children who are experiencing reading difficulties."
Nessy Learning Programme

U.K. (Don't download from US site due to spelling differences)
Downloadable for Mac and cd available for PC also online access
http://www.nessy.com/uk/

The Nessy Challenge diagnostic test is so helpful for parents to determine what areas need remediating. The animated rules are fun and engaging. There are also printable worksheets and animated mnemonic strategies. It is particularly engaging for Lowe primary and easily navigated even for kindy kids. Go online for a trial game and many of the animated rules are available on YouTube.

"The Nessy approach to learning has been developed by a team of experienced specialist teachers at the Bristol Dyslexia Centre. Nessy programs use a combination of strategies and games. All the learning techniques are developed in the classroom. Once they have proved to be effective, they are transferred into a digital program. The unique blend of Nessy characters, humour and rewards engages children in the learning activities."

There are also a number of Nessy apps with more in development.

Word shark

U.K
http://www.wordshark.co.uk/wordshark/wordshark-home-use.aspx

Words shark can be difficult to use so requires a fair bit of parental input. It is designed to be used in conjunction with the Alpha to Omega Program.

"Wordshark is a computer program that combines the fun and excitement of bright, multi-sensory games with the serious task of learning to read and spell. More than 60 colourful games have been designed by teachers to teach and reinforce reading and spelling using over 9,000 pre-recorded words. The varied combinations of games and word lists create both variety and motivation."

The computer will need a DVD drive (or a USB port if the program is purchased on a USB)
Windows XP, Windows 7, Windows 8
Macs: OS X version 10.6 to 10.9
A microphone - inbuilt or otherwise, is also needed if you would like to record your own words.