

## **Adults with learning differences can meet their career, education or life goals**

*Learning Disabilities Society provides expert support across B.C. with RISE Now program*



*Photo via iStock*

Shame is often one of the barriers an adult with diagnosed or undiagnosed learning disabilities say they have had to overcome, and regularly dealt with as a child throughout their school life.

You remember clearly that you didn't fit in. Maybe you struggled with reading or couldn't sit still in elementary class, only to be labeled the "stupid" kid. But whether you had a language-based disability, or ADHD, or another learning disability, your struggle continued because your school couldn't accommodate your differences.

Today, as a post-secondary student or someone navigating the workforce, you no longer have to struggle. When you're provided the right support—you can manage your learning difference and find success.

[Learning Disabilities Society](#) is a nonprofit charity that provides adults 18-plus, with suspected or diagnosed learning differences, one-to-one individualized help through the RISE Now program. The RISE (Research-informed Individualized Student Education) program assists adults in achieving their specific learning, education, or employment goals through targeted

support and intervention. All of LDS' services are on a sliding scale based on household income.

"Many adults are beginning to understand and realize more about their own learning needs and neurological differences, including around ADHD, dyslexia or executive function needs," says Rachel Forbes, executive director, with Learning Disabilities Society (LDS). "We focus on the key literacy or numeracy skills that might be relevant for work, work transitions, or higher education."

"I know adults sometimes find themselves needing to look at transitioning to different types of work or their field of work is more demanding in terms of the literacy or math skills, particularly now as jobs evolve. We have instructors on our team who are happy to help people who need assistance with that transition and how to navigate it successfully."

### **Empowering yourself, RISE Now program**

Whether you're an adult, with a suspected or diagnosed learning disability, who is looking for support in meeting your education or employment goals, perhaps entering or re-entering the workforce, or are re-training and require learning support, the RISE Now program can meet your specific needs.

"We help with things like resume and cover letter development, interviewing skills, and executive function skills," explains Forbes. "We address issues like, how to get organized, and then, how to approach things differently. Our support is all very individualized, so we're able to meet the learner where they're at."

RISE Now also helps students moving forward into post secondary education, helping them make the transition and be set up for success.

"When you're coming out of a school system that had a lot of structure and support and now you're out on your own, it's really critical for students who have learning disabilities to know how to pace themselves going into higher education or trades training," says Forbes.

"There's a lot of new material and self-regulation that's required, and we help people with things like their scheduling and their course selection."

As the goals of each adult learner are different, LDS does not have a consistent measure of the progress adult learners are making, but all learners are making significant progress toward improving their learning and life outcomes. LDS also has an adult executive function assessment (memory, organization, self control) that helps identify areas of need and strategies to improve them.

"One of our adult learners at a recent event we held said, 'it's never too late to learn and understand,'" recalls Forbes.

"Even if you're in your 60s, we can help make a huge difference. We had a 36-year-old woman who just learned to read. She couldn't read at all previously and many had basically given up on her. It's exciting that we can really help people open up some new doors."

*Sessions are scheduled on a weekly basis and are offered in person or online. For more information, visit [ldsociety.ca](https://ldsociety.ca).*

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Learning Disabilities Society is a nonprofit charity to empower all children, youth, and adults with learning differences to recognize their unique strengths and develop tools to achieve lifelong independence, confidence, and success. Their Research-informed Individualized Student Education (RISE) program combines online learning with personalized instruction through dynamic and interactive software.

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Adults with learning differences, whether diagnosed or suspected, can break free from past struggles with the RISE Now program. Through personalized support, the program helps individuals achieve their education and employment objectives, including enhancing literacy and numeracy skills essential for work or higher education. #Sponsored

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This B.C. nonprofit charity offers tailored support, addressing specific literacy and numeracy needs to empower adults to achieve their education and employment goals. #Sponsored