

Learning Disabilities Awareness Month 2025

Presented In Partnership with the Learning Disabilities Association of Ontario (LDAO)

Each October, Learning Disabilities Awareness Month is a time to break stigma, highlight strengths, and build inclusion for individuals with learning disabilities (LDs) and ADHD. At least **1 in 10 Canadians has a learning disability**, and ADHD frequently co-occurs. These are brain-based differences — not a reflection of intelligence or effort — and with the right supports, students and adults can thrive in school, work, and life.

What is a Learning Disability?

Learning disabilities affect how people take in, process, or use information. They are brain-based differences, not a reflection of intelligence or effort — and with the right supports, individuals with LDs can achieve at the same level of success as their peers.

What is ADHD?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a brain-based condition that affects attention, self-regulation, and impulse control. People with ADHD may find it harder to focus, stay organized, or manage time — but these challenges are not due to lack of ability or effort. With understanding and the right supports, individuals with ADHD can thrive in school, work, and daily life.

Why This Matters

- **1 in 10 youth (15–24) in Canada report having a learning disability** — the highest rate among any age group (Statistics Canada, 2024).
- **30–45% of students with LDs also experience ADHD** (Visser et al., 2020; Crisci et al., 2021).
- **68% of youth with disabilities report mental health challenges** (Statistics Canada, 2024).

Awareness is about more than statistics — it is about recognizing LDs and ADHD as part of identity, not deficits, and ensuring that students are supported to reach their full potential.

Campaign Messages for 2025

This year's campaign highlights four key messages:

- *Remove barriers and students with learning disabilities show their true abilities.*
- *LDs and ADHD: Unique minds, remarkable potential.*
- *Break the stigma — focus on abilities!*
- *Inclusion works when students with learning disabilities get the support they need.*

Resources Hub

Ontario CEC and LDAO are committed to supporting educators, families, and communities with practical tools and evidence-based strategies. Explore the full suite of LDAO resources:

- **[LD Awareness Month Hub](#)**: Campaign graphics, key dates, and engagement ideas.
- **[LD@school](#)**: Evidence-based resources, strategies, and professional learning for educators.
- **[TA@l'école](#)**: Parallel French-language site with resources for francophone educators.
- **[LD@home](#)**: Tools for parents and families to support learning and well-being.
- **[LD@work](#)**: Supports and resources for employment and workplace inclusion.
- **[LD@learning](#)**: Online professional learning platform for educators and professionals.

Recent Highlights from LD@school and TA@l'école

This LD Awareness Month, explore some of the newest and most practical resources:

- [Video: Intensity of Support – Tier 1 & 2 Intervention](#) — Practical strategies for pairing classroom and small-group supports.
- [The Science of Reading in High School Morphology Instruction](#) — Evidence-based insights to support decoding and comprehension.
- [The Missing Link: How Empathy and Clarity Can Unlock Metacognition](#) — Webinar with Dr. Laurie Faith.



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The right to learn, the power to achieve

- [*Le bloc équilibré en mathématiques*](#) — French resource to strengthen number sense for students with LDs.
- [*Le Langage Oral*](#) — Supporting oral language development in early immersion classrooms.

➔ Explore more resources at LD@school.ca and TA@l'école.ca.

Join the Movement

Together, LDAO and Ontario CEC invite you to be a **friend, partner, or champion** in this work. Explore resources, share campaign messages, and help us advance inclusion so every student with LDs and ADHD has the right to learn — and the power to achieve.

➔ Learn more and access the campaign package: LDAO.ca/LDmonth and LDAO.ca/TAmois

Campaign Graphics for 2025





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The right to learn, the power to achieve



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**Don't Dis
My Abilities**



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**Break the stigma
— focus on abilities!**

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**Help stop the stigma and
realize the ABILITIES!**



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