Asking for *what helps.*

> **An accommodation is a change that removes a barrier — *not special treatment.***
>
> It doesn't lower the bar. It clears the path so you can show what you can actually do. Asking is a normal, reasonable thing — and you get to be specific about what works for your brain.

IDEAS TO BORROW

What it can look like

School

- Extended time on tests
- A quiet testing room
- Written instructions, not just spoken
- Movement or sensory breaks
- Copies of slides or class notes

Work

- Flexible start and end times
- Some remote days
- Noise-cancelling headphones
- Agendas sent before meetings
- Tasks and feedback in writing

Healthcare

- A longer appointment slot
- Dimmed lights in the exam room
- A written summary of the visit
- Waiting somewhere quieter, or in the car
- Explaining each step before touch

Not on the list? That's fine. If a change would help you, it's worth asking about.

ⓘ **A note on your rights:** In the US, laws like the ADA and Section 504 may protect your right to reasonable accommodations. Rules vary by place — check your local resources.

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STEP BY STEP

How to make the ask

1

Know your need

Name the barrier and one or two changes that would ease it.

2

Put it in writing

A short email or note gives you a record and time to find your words.

3

Ask

Send it to the right person. Be clear and brief — you don't owe a life story.

4

Follow up

No reply in a week? Check in. Once it's in place, say if it needs adjusting.

FILL IN THE BLANKS

Scripts you can borrow

EMAIL TO A TEACHER OR PROFESSOR

Hi _____, I'm in your _____ class. I learn best when _____. Would it be possible to have _____ for _____ (tests / assignments / lectures)? I'm happy to talk about what works. Thank you, _____.

MESSAGE TO A MANAGER

Hi _____, I want to do my best work on _____. One thing that gets in the way is _____. It would really help to _____. Could we try it for _____ weeks and check in? Thanks, _____.

AT THE DOCTOR'S OFFICE

"Before we start: I'm _____, and _____ can be hard for me. It helps if you _____. Could I also get _____ in writing before I leave?"

Your first ask doesn't have to be *perfect.*

You can adjust, ask again, or bring someone along for support.

YOUR TURN

My top accommodations:

1 _____

2 _____

3 _____