

JobTIPS



Some examples of accommodations include:

1. Using a written schedule
2. Using a to-do list
3. Wearing head phones to block out sound
4. Allowing short, but frequent breaks
5. Using visual reminders of workplace rules
6. Having a quiet workspace as opposed to a noisy or crowded workspace
7. Providing additional on-the-job training if needed
8. Allowing alternative methods of communication with your supervisor or co-workers when appropriate, such as email rather than face-to-face meetings
9. Assistance in breaking down the steps to complete a long-term project
10. Assistance in identifying high-priority versus low-priority tasks
11. Providing advanced notice for changes to work schedule or typical job duties
12. Allowing you to sit in a chair/stool instead of standing all day