

JobTIPS



Key Points - Accommodations

Use quick visual reminders (i.e. post-it notes).

Use a timer /watch to know when to start and end tasks.

Here are some workplace accommodations that you might be able to request:

1. Written instructions to accompany or to replace verbal instructions.
2. Only one task to complete at a time.
3. A separate work area to reduce distraction.
4. As you finish each task, check it off or cross it out.