

Guide to Accessibility, Adjustments & Accommodations

General:

- Reduce sensory overwhelm in spaces/provide safe and quiet space
- Providing clear communication / no ambiguity or vagueness
- More time to process questions or information
- Choice to:
 - wear noise-cancelling headphones or earbuds
 - communicate via other methods (AAC: picture/word cards, sign language)
 - to use stim objects whenever necessary
 - to be excused/take a break if needed

Social:

- Meeting in safe/comfortable settings
- Advanced warnings of cancellations
- Understanding if needing to cancel or leave early
- No pressure to talk/make eye contact/make physical contact
- Clear information on what is going to happen/when/with whom

School:

- Private room for exams
- Extended deadlines
- Extra time in exams
- Note-taking assistance
- 1-2-1 Support/private tutoring
- Nominated safe person/space
- Support with technology/AAC
- Breaks when needed
- Support moving around school
- Not to be picked on in class/signalling system to talk
- Accompaniment on trips
- Accessible fonts and backgrounds for worksheets/presentations
- Exemption from assemblies
- Safe space to eat with more time

Work:

- Quiet(er)/less overwhelming workspace
- Extra breaks
- Time to think in interviews
- Interview questions ahead of time
- Bringing in notes for an interview
- Clear schedule/routine, with advanced warning of changes
- Mentorship/support
- Flexible work times
- Ability to work from home if able
- Exemptions from group activities or meetings
- Comfortable work equipment e.g. chairs/keyboards