



Self-Advocacy & Adjustments

You are allowed to communicate what helps you participate, work, learn and feel safe. An adjustment is support, not an unfair advantage.

Where am I currently struggling unnecessarily?

What would make this environment easier?

What sensory adjustment could help?

What communication adjustment could help?

What practical or executive-function support could help?

Who could I speak to?

A sentence I could use to explain my need is...

One adjustment I would like to request is...
