An Accommodation May Make it Easier for You to Learn or Work

Do you have difficulty with:

- Sitting, standing, moving?
- Seeing? Fuzzy vision?
- Hearing others?
- Paying attention? Staying on task?
- Remembering what you learn?
- Reading or writing in your native language?
- Headaches or chronic illness?
- Anxiety, depression, or trauma?

An accommodation may help you.
Examples of Accommodations

- Repeated or Written Instructions
- Seat Preference
- Visuals (Checklists and Charts)
- Height Adjustable Desk
- Ergonomic Equipment
- Tools to Enlarge Print
- Screen Reading Software
- Video Remote Interpreting
- Assistive Listening Devices (ALD)
- Accessibility Apps (iOS and Android)

Additional Resources

Virginia Assistive Technology System (VATS)
Information on appropriate, affordable assistive technologies and services.
www.vats.org

Job Accommodation Network (JAN)
Expert and confidential guidance on accommodations and disability employment issues. (800) 526-7234 (V) | (877) 781-9403 (TTY)
www.askjan.org

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