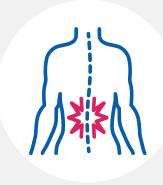
An Accommodation May Make it Easier for You to Learn or Work

Do you have difficulty with:



Sitting, standing, moving?



Remembering what you learn?



Seeing? Fuzzy vision?



Reading or writing in your native



Hearing others?



language?

Headaches or chronic illness?



Paying attention? Staying on task?



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

- Tools to Enlarge Print
- Screen Reading Software
- Video Remote Interpreting
- Assistive Listening Devices (ALD)

Ergonomic Equipment

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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NORTHERN REGION