

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 language?



Hearing others?



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
- 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