

Accommodation Planning Worksheet

If you are requesting school, workplace, or testing accommodations, it can be helpful to think about *specific barriers* you are experiencing and *specific supports* that might help.

You do not need to know exactly what accommodations you qualify for. This worksheet is simply a starting point for discussion with your healthcare provider, school, employer, or disability services office.

What diagnosis(es) or condition(s) are impacting you?

What activities are most difficult for you?

(Check all that apply)

- ☐ Sustaining attention
- ☐ Starting tasks
- ☐ Organization and planning
- ☐ Time management
- ☐ Meeting deadlines
- ☐ Executive functioning
- ☐ Social communication
- ☐ Sensory overload
- ☐ Managing interruptions
- ☐ Note-taking
- ☐ Test-taking

Autism Spectrum Disorder

- ☐ Reading
- ☐ Writing
- ☐ Memory
- ☐ Emotional regulation
- ☐ Fatigue
- ☐ Attendance
- ☐ Other:

How do these difficulties affect your daily life, school, or work?

What accommodations, modifications, or supports do you think might help?

Examples might include:

- Flexible scheduling
- Remote work options
- Extended testing time
- Reduced-distraction environment
- Written instructions
- Noise-canceling headphones
- Additional breaks
- Note-taking support

Autism Spectrum Disorder

- Flexible deadlines
- Assistive technology
- Modified workload
- Alternative communication methods
- Predictable routines or schedules
- Other individualized supports

What do YOU think would be helpful?

Have you previously used accommodations that were helpful?

☐ No

☐ Yes

If yes, please describe:

Is there anything else you would like your healthcare provider to know when considering accommodations?

Important Note: Accommodation decisions are ultimately made by employers, schools, testing agencies, and disability services offices. A healthcare provider can document a medical condition and functional limitations, but approval of specific accommodations is determined by the organization reviewing the request.