

# HOW TO ASK YOUR BOSS FOR ACCOMMODATIONS

## FOR AUTISTIC EMPLOYEES

### COMMUNICATION IS KEY!

By talking openly and clearly, we can create a workplace that values everyone's strengths and helps you do your best. This makes work more enjoyable, helps you be more productive, and makes you feel good overall!

### WHAT DO YOU NEED TO DO YOUR BEST?

#### Are You More Productive With:

- Flexible schedules
- Consistent job content
- Sensory-friendly workspace (lighting, quiet space)
- Feedback and evaluation

### IDEAS ON HOW TO INTRODUCE YOUR REQUEST

"Taking a 5-minute break every hour would help my productivity. Could we try that out for a week and see if you are satisfied with my performance?"

"I find I work best when I get regular feedback. Would it be okay with you if we checked in every day to make sure im on the right track with my tasks?"

### HELPFUL TIPS!

- Practice what you want to say beforehand
- Be clear and specific about what you need
- Explain how these accommodations will make your job easier and help you do your best
- Stay Positive
- Keep advocating for yourself!