HOW TO ASK YOUR BOSS FOR ACCOMODATIONS

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!

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