

Young Adult Reasonable Adjustments

Use when talking to university disability advisers or employers.

Study environments

- [] Quiet or low distraction exam spaces.
- [] Permission to use noise cancelling headphones or discreet timers.
- [] Flexible lecture seating near exits for movement.
- [] Recording lectures or access to captioned slides.

Workplace adjustments

- [] Protected focus blocks and notice before meetings.
- [] Written summaries after verbal instructions.
- [] Flexibility with remote days for deep work.
- [] Assistive tech: task automation, smart reminders, transcription tools.

Wellbeing supports

- [] Access to quiet room for regulation.
- [] Staggered start times when sleep is disrupted by medication.
- [] Buddy or mentor for navigating new systems.
- [] Time off for medical appointments without penalty.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.