

# 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.