

title: **Whether or not you have disclosed your diagnosis what accommodations have you requested at work?**

num_comments: 7

num_up_votes: 4

upvote_ratio: 0.7

Post Text

What have you requested? What was granted? What helped you the most? What got the most pushback? Etc etc. tell me your workplace accommodation rants and raves! Thank you.

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 11

Whether to disclose or not is very situational imo. Regardless, you can talk around the diagnosis and ask for what you need, because it helps you be more productive. That's all you need to say.

For me it's a nice big screen or two and weekly one to one meetings with my manager. We all have flexibility working in the office or from home so that helps too, the ability to change it up as needed.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 11

I would never disclose my diagnosis to an employer. They're not your friend (nor they should), their job is to make the company money.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 8

Have you ever asked for any accommodations? That was what this post was about.

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Shorter deadlines.

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 7

I tried disclosing at a former employer and discovered nobody really understands what it means and you're better off not having this conversation.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

I don't really ask for accommodations as much as I "make suggestions" that could benefit the company I work for. Things like regular feedback loops, clear task priorities, direct communication lines, clear role/project/task responsibilities, a quiet workplace environment, etc. I usually can find a coworker that I talk to in order to "bounce ideas off of" (talking through problems with someone that can keep up is amazing), otherwise fidget toys help too (as long as they don't make a lot of noise)

Anecdotally, I've found I'm miserable in corporate jobs, but thrive in start ups with a non-political environment. Less red tape and it allows me to jump from task to task and never get bored

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

[deleted]

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Do you have any examples of the types of accommodations you've asked for? What was granted? What helped you the most? What got the most pushback? Etc. thank you!

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

[deleted]