A Life-Work Balance A MORE Accessible Alternative to Work-Life Balance

In our modern world, People like myself who have autism, ADHD and Aspergers and are willing to work faces challenges in the work environment. These challenges stems forms accessibility and lack of communication to detailed intricate regarding issue in both safe and unsafe spaces.

These problems are both fall in everyone best interest from the mangers in human resources, and customers management systems, to unclear specification given to computer programmers who write computer programs.

It has been proven chat it is better to higher such individual which was conducted by the M15 to higher security personal as there were more akin to detail. These detail notice by those who are on the autistic **spectrum** have a diverse set of characterises that make them more suitable for certain roles and responsibility.

In today worlds, some companies make active effort to hire autistic individual. An autistic person is a neurodivergent individual who brain is wired different and can come up with creative or non-intuitive solution to problems.

Companies who wish to work with autistic individual should pose question in the most clear and objective manner as autistic individual are those classed with **learning** **disabilities** learning slower than others.

Hiring Managers within companies should address the issue open when hiring individuals on the spectrum.

On a personal note, I believe there is more to autism that is felicitated by research. Research around autism remain minimal with many people diagnosed with autism without conclusive known case with greater health, and medical care.

In this article, I will attempt assert those who wants to **not** burnout, and challenged by autistic traits such as planning, building projects when it comes to solving problem with others.

# Advantages and Disadvantages with a Work-Life Balance