

Accommodations Self Assessment Template



Name: _____

Date: _____

Due to a medical condition, injury and/or disability, I may require adaptations to a typical work environment so that I can fully apply my skills and knowledge to the job.

Adaptations may be required for the following (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Standing | <input type="checkbox"/> Attention/Focus/Concentration |
| <input type="checkbox"/> Sitting | <input type="checkbox"/> Working memory |
| <input type="checkbox"/> Stair Climbing | <input type="checkbox"/> Processing verbal information |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Processing written information |
| <input type="checkbox"/> Handwriting | <input type="checkbox"/> Stress/anxiety |
| <input type="checkbox"/> Lifting/Carrying/Reaching | <input type="checkbox"/> Low mood/depression |
| <input type="checkbox"/> Grasping/Gripping/Dexterity | <input type="checkbox"/> Social interactions |
| <input type="checkbox"/> Keyboarding | <input type="checkbox"/> Organization/Time management |

Other areas:

My work environment may require the following adaptations (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Speech to text software | <input type="checkbox"/> Flexible work schedule |
| <input type="checkbox"/> Text to speech software | <input type="checkbox"/> Written instructions |
| <input type="checkbox"/> Headset | <input type="checkbox"/> Verbal instructions |
| <input type="checkbox"/> Ergonomic chair | <input type="checkbox"/> Hands on learning |
| <input type="checkbox"/> Sit to stand desk | <input type="checkbox"/> Time management tools |
| <input type="checkbox"/> Ergonomic mouse | <input type="checkbox"/> Organizational tools |
| <input type="checkbox"/> Ergonomic keyboard | <input type="checkbox"/> Screen overlay |
| <input type="checkbox"/> Noise cancelling headset | <input type="checkbox"/> Captioning |
| <input type="checkbox"/> Earplugs | <input type="checkbox"/> Audio capable documents |
| <input type="checkbox"/> Quiet environment | <input type="checkbox"/> Large font |

Other adaptations:

Additional information (optional):