

Are you Neurodivergent?

What reasonable adjustments out you ask for in your workplace?



AUDIO ONLY VIRTUAL MEETINGS

RECEIVING THE MEETING AGENDA IN ADVANCE

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ASSISTIVE TECHNOLOGY SUPPLY AND TRAINING WORKPLACE COACHING

> RECORD AND TRANSCRIBE MEETINGS

THINGS YOU COULD ASK YOUR EMPLOYER FOR

SUBTITLES FOR ONLINE MEETINGS

> A MESSAGE PRE-MEETING TO LET THEM KNOW WHAT IT IS ABOUT

OBJECTS TO FIDGET AND STIMULATE DURING MEETINGS



DIFFERENT WORK TIMES TO AVOID THE BUSY COMMUTE

WORKING INDEPENDENTLY RATHER THAN IN GROUPS

ASSISTIVE TECHNOLOGY SUPPLY AND TRAINING WORKPLACE COACHING

> THERAPY/ COUNSELLING

THINGS YOU COULD ASK YOUR EMPLOYER FOR

SUPPORTIVE COACHING FOR ALL STAFF

> WALKING MEETINGS TO FEEL LESS PRESSURE

SENDING ACTION POINTS AFTER THE MEETING



NOISE CANCELLING HEADPHONES

STANDING DESK QUIET OR SENSORY ROOM

THINGS YOU COULD ASK YOUR EMPLOYER FOR

ROCKING FOOTSTOOL

MAP OF THE OFFICES

DESIGNATED DESK





TRAINING ON THE EFFECTS OF DISABILITIES

WRITTEN INSTRUCTIONS REGULAR CATCHUPS WITH YOUR MANAGER

THINGS YOU COULD ASK YOUR EMPLOYER FOR

FLEXIBLE WORKING HOURS

> SPECIFIC AND CLEAR INSTRUCTIONS

ABILITY TO WORK FROM HOME OR HYBRID WORKING





AVOIDING LOUD OFFICES AND FINDING QUIET SPACES TO WORK FROM

TRAINING FOR STAFF ON HOW TO ASSIST COLLEAGUES WHO ARE ND EXTEND DEADLINES WHEN TIMES GET TOUGH

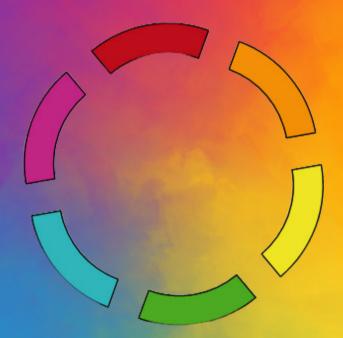
THINGS YOU COULD ASK YOUR EMPLOYER TO DO

CREATE 'FAKE' DEADLINES -MAKE THINGS APPEAR MORE URGENT

SHOW MORE ATTENTION TO THE TASKS ACCOMPLISHED OVER HOURS SPENT UNDERSTANDING THAT 100% LOOKS DIFFERENT FOR EVERYONE



CONTACT US TO FIND OUT MORE ABOUT HOW NATTC WORKS TO SUPPORT NEURODIVERSE PEOPLE IN THE WORKSPACE:



Access to Work Needs Assessment
Workplace Needs and Progress Assessment
Support for Applications for Access to Work Funding
Sourcing and Installing Correctly Assistive Technology
Expert Assistive Technology Training and Workplace Coaching
Neurodiversity Awareness Training