



Self-Advocacy

Graphic Organizers: What to disclose about my disability

Summary:

In many cases, it may help to disclose your diagnosis. In fact, it may help you more than it hurts you. It could help because your employer may understand you better, and people tend to be more accepting when they understand someone.

What to Disclose:

Not all information about your disability needs to be disclosed. Here are some suggestions to for the types of information you may wish to disclose. Complete the questions below for preparation:

General information about your disability:

Why you made the decision to disclose having a disability:

Types of accommodations that you have used in the past that were the most successful:

If asking for reasonable accommodations, tell which accommodations you need:

List what you can do in the job and how you add benefits to the position:

General Tip:

Keep the discussion positive and focused on what you can do rather than on possible limitations of the disability.