**Sharing information about your disability**

A **“disclosure script”** is a brief summary of how your disability might impact on your management of the working environment or the requirements of your job. It sets out the **reasonable adjustments** that your employer **needs to provide**, to enable you to do the job that you have applied for. Having a **“script”** and practicing it with friends or relatives will help you to become more confident to share information about your disability to strangers or people that you may not know well.

This worksheet can help you develop **self-advocacy skills** and **confidence**, by focusing on your **strengths** and demonstrating to a potential employer that your disability **will not impact** on your performance, once the **adjustments** that you need have been implemented.

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| **Point 1** | **Describe your disability in a way that anyone could understand:** |
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| **Point 2** | **What are your key strengths and abilities, and how do they relate to the work that you want to do?** |
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| **Point 3** | **What aspects of the work environment or tasks might be difficult for you to manage, and why?** |
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| **Point 4** | **Now, think about possible solutions (reasonable adjustments). Are there strategies or tools that you used in education that could be replicated? Do you need specific Assistive Technology? Is there a small or simple adjustment to the task or environment that could make all the difference?** |
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Now put all of the statements together into one **“script”** that you feel **confident** about sharing with potential employers.

**For example:**

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| I don’t anticipate any challenges with my ability to undertake this position. As you can see, I have achieved: |
|  **List your qualification/s:** |
|  I would like to mention:  |
| **Add your point 1** |
|  I believe that: |
| **Add your Point 2** |
| I am more than capable of fulfilling the requirements of this position, however, sometimes it might impact on tasks such as:  |
|  **Add your Point 3** |
| I have developed strategies that address these difficulties and permit me to work to the best of my ability. This includes:  |
|  **Add your Point 4** |
| I wanted to be open with you so we could discuss any potential concerns that you may have. |