



FREE ONE-PAGE TOOL 21 | DISABILITY AND ACCESS

Say What Access Helps You

You are the expert on what helps you participate. You may ask for an adjustment plainly.

1 Name the barrier

What part of the setting, format, or timing is difficult?

2 Describe the adjustment

Would written information, a quieter space, extra time, or a different format help?

3 Confirm the plan

Ask whom to contact if the arrangement does not work.

A phrase you can borrow

"To participate fully, I need [adjustment]. Can we arrange that before [date]?"

Make it yours

An adjustment that would make this easier for me:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: cdc.gov/disability-and-health/about/information-for-family-caregivers.html