My Accommodations: Now

Look closely at the supports you get now. On the next page, get ready to ask for accommodations yourself after high school.

Name _____ · **Date** _____

List the modifications, accommodations or services you get now. Look at your IEP or 504 plan if you have it. Decide if each one is useful, and give an example. Then reflect: Does it need to change to help you more? Could you do without it?

Support or service	Is it useful? Give an example.	Keep, change or drop?
EXAMPLE *Speech therapy*	*It is useful for me to have speech therapy because it will help me talk more in class.*	■ Keep ☐ Change ☐ Drop
		☐ Keep ☐ Change ☐ Drop
		☐ Keep ☐ Change ☐ Drop
		☐ Keep ☐ Change ☐ Drop
		☐ Keep ☐ Change ☐ Drop
		☐ Keep ☐ Change ☐ Drop

What areas do I think I will need more help with after high school?

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My Accommodations: After High School

Get ready to ask for the accommodations you need in college or at work.

Your IEP does not carry over to college or work. Most colleges and many employers must give reasonable accommodations under laws called the ADA and Section 504. At college, follow the school's steps for asking. At work, you or someone helping you can ask. You may be asked for documents about your disability.

Be ready to explain these four things:

How I describe my disability, in my own words

How it affects my learning or my work

Accommodations that have helped me

Documents I have, or need to ask for

For example, my IEP, 504 plan or a recent evaluation. Ask your school for copies before you graduate.

Who would I ask?

At college: the disability services office (name, phone or email)

At work: my supervisor or human resources (HR) (name, phone or email)

It's your choice. You usually choose whether to share your disability. To get accommodations, you may need to share some information about it, and usually you or someone helping you needs to ask. Talk it over with someone you trust first.

Tip: Ask early, before you fall behind. Keep copies of your documents in one safe place.

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