



Getting to Know Your Disability

If you aren't an expert on your disability, it will be more difficult to advocate for yourself. The best way to learn about it is to ask. Interview at least two people who know you and know about your disability. (Some ideas are your family, teachers, counselors, or doctor.)

Use this guide to help you find out more.



What is the name of my disability?

How would you describe my disability?

What challenges do you think I have or see me deal with?

What accommodations do you think I need in school or at work?

Do you have anything else you want to share with me about my disability?