

# DISCLOSING MY DISABILITY TO MY EMPLOYER



## ASSESSMENT

- Am I comfortable talking about my disability?
- What accommodations have I used in the past or currently use to assist me with school and or work?
- What skills have I acquired as a result of my disability?

## EXPLORATION

- What are my rights?
- Am I familiar with [AODA](#) and the [Ontario Human Rights Code](#)?
- What type of accommodations are available to me during my job search, during an interview or while employed?  
*See available resources.*



## CONSIDERATION

- Could my disability impact my job performance?
- Who will I disclose my disability to should I choose to?
- What happens if I disclose and what happens if I don't?

## PLANNING

- What do I need to help me be successful?
- Do I need help to execute a plan?  
*Centre for student with disabilities.*



## REFLECT BACK

- Did things go according to plan?
- What would I do differently?
- What have I gained throughout this process?