



# Reasonable Adjustments



20 Examples Of Reasonable  
Adjustments To Offer Your  
Neurodivergent Employees So  
They Can Thrive At Work



# 20 Reasonable Adjustments To Offer Your Neurodivergent Employees

1. Operating instructions next to office equipment e.g. printers

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2. Assistive technology such as speech to text software

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3. A balance chair or rise and fall desk for hyperactivity

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4. Focus on one job at a time rather than multi-tasking

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5. Ability to take short breaks throughout the day - 10/15 minutes

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6. A mentor/buddy to support with unwritten office rules

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7. Different formats for instructions - written, verbal, visual

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8. Anti-glare screen filter

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9. A static workstation in the office in a hot desking scenario

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10. Somewhere to work that is quiet and away from distractions

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# 20 Reasonable Adjustments To Offer Your Neurodivergent Employees

11. Ergonomic equipment such as keyboards and mice

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12. Trial instead of interview

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13. Video rather than written application when hiring

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14. Noise cancelling headphones

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15. Coloured overlays and/or change screen colour

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16. Exemption from social gatherings

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17. Help to structure tasks

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18. Second computer screen

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19. Print resources on coloured paper

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20. Physical calendars and wall planners

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# Want to know how else you can be neuroinclusive?

If you have any questions about this checklist or want to know how else you can support neurodivergent employees in your organisation, get in touch with our CEO Jess for a chat!

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