

CHECKLIST

Understanding my options for education, part-time work, or employment



This list contains various factors to consider when searching for education or job opportunities.

How does it apply to you?

This list can help you think about what will go well for you and for which things you might need to find a solution or where you might need help. Fill this in with your parent. It might be helpful to bring it to your health professional, doctor or guidance counsellor.

Name

Date



CHECKLIST

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What am I good at?

1. What can I do? *Indicate what you are good at.*

Planning

Organizing

Collaboration

Working with people (e.g., customers or patients)

Something else, namely...

What do I struggle with?

2. Indicate which specific tasks you have difficulty with.

Planning

Organizing

Collaboration

Working with people (e.g., customers or patients)

Something else, namely...

CHECKLIST: Understanding for education, part-time work, or employment

3. Work pace

Are there things that you need more time for? For example, typing, stocking shelves, or learning new things.

4. Overload

How long can you continue without experiencing symptoms?

Standing work

Minutes/hours without a break

hours per day

days per week

Sitting work

Minutes/hours without a break

hours per day

days per week

Walking

minutes/hours without a break

hours per day

days per week

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4. Overload - cont

Screen work

hours without a break

hours per day

days per week

Ideally, I would like to work or attend school for a maximum of

hours per day and

days per week.

5. Assistive devices (such as splints, orthopaedic shoes, walker, wheelchair)

Do you use an assistive device, and if so, what can you do with it and what can't you do?

With my splints/orthopedic shoes, I can ...

With my splints/orthopedic shoes, I cannot ...

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5. Assistive devices (such as splints, orthopaedic shoes, walker, wheelchair)

Do you use an assistive device, and if so, what can you do with it and what can't you do?

With my wheelchair/walker, I can ...

With my wheelchair/walker, I cannot ...

I need to consider ...

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What will help me?

6. Accommodations or support I might need

Adaptations to my environment, such as an adapted work or study space

A good office chair for when I'm sitting behind the computer

Assistance from another person with...

More time for certain tasks, namely ...

7. Guidance I might need

Someone who can help me with planning and organizing my tasks (counselor, study advisor, fellow student, or colleague)

A dedicated mentor or contact person I can turn to quickly if I encounter difficulties

Buddy or friend (fellow student or colleague)

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8. Preventing overload

Being mindful of my posture, sitting, standing, and working

Adjustment of my workspace, namely ...

Using aids, namely ...

Extra set of books for home so I don't have to carry as much

Someone who watches with me to ensure I don't overexert myself

More time for certain tasks, namely ...

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9. Transportation

Adapted bicycle or car

Splint, aid, or adjustment for cycling or driving

10. Financial assistance

Splint or other assistive device

Adjustment of study or work space

Extra set of books

Transportation (adjustment and/or mileage allowance)

Supplement to student grant

11. Introduction period to education or job

Information about the program and activities

Contact person

Buddy during the introduction or at staff events

CHECKLIST: Understanding for education, part-time work, or employment

What do I tell people about myself?

12. What do I want people at work or education to know about me?

Do I want to talk about my disability or not?

If yes, what do I want to say (or show)?

Do I want help with certain things, or do I prefer to ask for help when I need it?

What specific things do I really need help with?

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13. How and when do you want to tell this?

Verbally, in writing, or by email

One-on-one or in a group

Alone

With a counsellor, teacher, employer

With a fellow student or colleague

Right on the first day of school or work, during the introduction, or later when I feel more comfortable.

What else I find important

Are there any other things you want to tell or ask?