

Chapter 10 – Experience More Access

Activity 2 - Changing deficit-based language to strengths-based language

This activity can also be done as a role play.

1. Change the following deficit-based statements to strengths-based statements.

Example:

Deficit-based language: *I have a learning disability in written output so I can't take notes.*

Strengths-based language: *I take excellent notes with the text to speech app on my phone.*

- a. I don't understand verbal instructions
 - b. I can't stand for long periods of time
 - c. I have trouble with time management
 - d. I don't understand social cues or interactions
 - e. I can't focus or concentrate on my work sometimes
2. Try changing some of your own deficit-based language into strengths-based language.

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Activity 3 - Complete a self assessment of your functional impacts and possible accommodations.

1. Identify your functional impacts from the list below. Add anything that is missing for you.

Examples

Physical

Standing

Sitting

Stair Climbing

Ambulation (cane, wheelchair, etc.)

Fatigue

Handwriting

Lifting/Carrying/Reaching

Grasping/Gripping/Dexterity

Keyboarding

Other:

Cognitive Behavioural

Attention and Concentration

Memory

Information Processing (written/verbal)

Stress Management

Social Interaction

Organization

Time Management

Communication

Fatigue

Other:

2. What are some possible accommodations that help mitigate your functional impacts in a career/experiential learning environment?

Examples

Flexible schedule

Extra time to learn and do tasks

Comfortable office chair

Speech to text software

Reduced lighting

Text to Speech software

Sit to stand desk

Regular breaks

Accessible office space

Distracted reduced environment

Care Assistant

Organization/Time management software

Sign language interpreter

FM System

Background music

Communication

Closed captioning

Ergonomic station

Other:

Other:

