Sample Text for Disability Disclosure Job Aid

What if disclosure is the only way to protect your legal right to accommodations you might need to get or keep a job?

If you need to disclose a specific disability, consider using the following sample text in either a written or conversational scenario. Fill in your specific information, as necessary:

"I have [preferred term for disability] that I am recovering from. Currently, I can/ have [the skills required)] to do [the main duties] of the job, but sometimes [functional limitations] interfere with my ability to [duties you may have trouble performing]."

"It helps if I have [name the specific accommodations you need]. I work best when [list any other accommodations that will help you perform your job tasks]."