

# Prepping for Disability Disclosure

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

As you get older, there are more conversations you will need to have as an advocate for yourself. Use the prompts below to think about your strengths and what you need help with. This will help you feel prepared to talk with others about your needs.

How would you describe your disability in a way others would understand?:

What are your strengths? What are you good at?:

What is hard or difficult for you because of your disability?:

What accommodations or supports have helped you in the past?:

What should others know about how you communicate and learn best?:

Who is someone you can talk to for help or support?:

What accommodations or supports do you need?:

Preparing how you will answer these questions can help you advocate for yourself. If you need help, you can work with a guardian, teacher, instructor, school counselor, vocational counselor, or others to help you. It is normal to feel nervous about sharing this information with others. If you feel nervous, you can practice ahead of time, start simple, or use notes. Feel free to use other methods that you know help you when you are nervous.