

Disability Disclosure Plan

**Adapted with Permission from Allen, 2022*



The choice whether to disclose your disability is **yours!** If you do decide you want to share information about your disability with others, it can be helpful to have a plan. The questions below will help you think through who you want to talk to, why you are disclosing this information, what you want them to know, and how you want to communicate this information to them.

Who do I want to tell?

- Disability services (an office at your university)
- Your instructors/professors
- Your friends
- Your romantic partners
- Your employers
- Others

How do I want to tell?

- Email
- Phone call
- Video call (e.g., Zoom)
- In person meeting
- With a support person present
- With notes/a script to guide the conversation

Why do I want to tell?

- Seeking accommodations to support me in my college courses
- Seeking other disability services at my university
- Improve friendships/relationships
- Seeking accommodations at my job

What information do I want to tell?

- I have a disability.
- I have _____ (e.g., ADHD, a learning disability, anxiety).
- I learn or work best when _____.

My Disability Disclosure Plan

Fill out the table below to create your own disability disclosure plan



Who will I tell? <hr/>	Why do I want to tell them? <hr/>
How will I tell them? <hr/>	What information will I share? <hr/>