Personal Strengths, Needs, and Accommodations Checklist

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| --- | --- | --- | --- | --- |
|  | **Ok for me without accommodations** | **Ok for me with accommodations** | **Hard for me even with accommodations** | **What strategies or accommodations**  **do you use?** |
| Paying attention or concentrating | ☐ | ☐ | ☐ |  |
| Remembering information (like directions) | ☐ | ☐ | ☐ |  |
| Learning new information or new activities | ☐ | ☐ | ☐ |  |
| Communicating with others in person | ☐ | ☐ | ☐ |  |
| Communicating with others virtually  (text, phone, webchat, or email) | ☐ | ☐ | ☐ |  |
| Reacting to sensations (like loud noises) | ☐ | ☐ | ☐ |  |
| Moving around | ☐ | ☐ | ☐ |  |
| Using my hands to do activities | ☐ | ☐ | ☐ |  |
| Managing emotions (like anxiety or depression) | ☐ | ☐ | ☐ |  |
| Controlling behavior or activity level | ☐ | ☐ | ☐ |  |
| Seeing | ☐ | ☐ | ☐ |  |
| Hearing | ☐ | ☐ | ☐ |  |
| Using computers, smartphones, or tablets | ☐ | ☐ | ☐ |  |
| Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | ☐ | ☐ | ☐ |  |

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| --- | --- |
| What technology will you use to attend the virtual advisory board meetings and facilitator training sessions?  Check all that apply. | |
|  | ☐ A computer with a webcam. Do you have an apple or Microsoft system on your computer? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | ☐ iPad |
|  | ☐ A tablet that is not an iPad brand (for example, android, Samsung) |
|  | ☐ Smart phone with internet access |
|  | ☐ Landline phone |

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| Computer/technology skills.  Check if you have used before: | |
|  | ☐ Zoom |
|  | ☐ Google forms / Survey Monkey / Qualtrics (Check if any) |