

Muscular Dystrophy

Accommodation Ideas ** [Job Accommodation Network \(JAN\) - United States Department of Labor](#)

<https://www.dol.gov> › [ODEP](#) › [ODEP Research and Technical Assistance Resources](#)

Activities of Daily Living:

- *Allow use of a personal attendant at work*
- *Allow use of a service animal at work*
- *Make sure the facility is accessible*
- *Move workstation closer to the restroom*
- *Allow longer breaks*

Fatigue/Weakness:

- *Reduce or eliminate physical exertion and workplace stress*
- *Schedule periodic rest breaks away from the workstation*
- *Allow a flexible work schedule and flexible use of leave time*
- *Allow work from home*

Fine Motor Impairment:

- *Provide alternative computer access / telephone access*
- *Provide arm supports*
- *Provide writing and grip aids, a page turner and a book holder*
- *Provide a note taker or recording device*

Gross Motor:

- *Provide parking close to the work-site*
- *Provide an accessible entrance with automatic door openers*
- *Make sure materials and equipment are within reach range*
- *Move workstation close to other work areas, office equipment, and break rooms*

Medical Treatment Allowances:

- *Provide flexible schedules*
- *Allow employee to work from home*
- *Provide part-time work schedules*

Speech Impairment:

- *Provide speech amplification, speech enhancement, or other communication device*
- *Use written communication, such as email or fax*

Using Computer:

- *Use key guard*
- *Use alternative input devices such as speech recognition*

Using Telephone

- *Use large-button phone*
- *Use phone with speed-dial, clearly labeled*
- *Use headset*

Accessing Workspace:

- *Place anti-fatigue mats at workstation*
- *Move items within reach*

- Provide frequent rest breaks

Handling or Grasping Objects:

- *Use ergonomic tools, handle build-ups, or other tool adaptations*
- *Use orthopedic writing aids*
- *Use grip aids*