Asking for Accommodations - Concept brief

Understand the idea behind asking for accommodations and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey understands appointments better with a written summary.

The idea

Accommodations can reduce environmental barriers rather than demanding more endurance.

An ordinary example

Casey understands appointments better with a written summary.

What this can look like

Draft a request for written information, quieter space, flexible timing, or another personally relevant support.

Check the fit

What change would improve access to care or participation? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What change would improve access to care or participation?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A16-1