



A GUIDE TO EVERYDAY Accommodations that May Benefit You While Living with MG

From school to the workplace to traveling, there are many areas where accommodations might be helpful for those with myasthenia gravis (MG). While not an exhaustive list, the points below are several potential modifications you could look into that may support your everyday experiences

Note that there are several rights you are legally entitled to under **The Americans with Disabilities Act (ADA)** and others that may be available on a case-by-case basis. Always check directly with your employer, school, landlord and/or healthcare team to see what's possible based on your personal circumstances with MG.

 As you have these conversations, use the blank rows in this guide to add any additional accommodations you learn about.



School¹

- Note-taking assistance
- Voice recorders
- Alternative formats and time limits for exams
- Removal of barriers to physically accessing the property
- Alternative formats of written materials (e.g., larger print)



Workplace²

- Modified equipment/devices (e.g., larger screens, voice recorders)
- Modified schedules
- Adjusted location (e.g., remote working)
- Restructured responsibilities
- Readers and interpreters
- Removal of barriers to physically accessing the property
- Adjusted training materials or policies



Travel/Transportation³

- Lifts and ramps for access
- Priority seating/boarding
- Slip-resistant surfaces
- Adequate time to board



Housing⁴

- Ramp installation
- Grab bars
- Lowered entryway threshold
- Permitted transfer to a ground unit (if in a rental)
- Closer parking space (if in a rental)



Other

(may be applicable to any of the above as well as other public places)

- **Service animals** (e.g., to help board public transportation or provide assistance around your house or apartment, etc.)
- **Handicap parking permits** (to get closer parking at your school, workplace, apartment building, etc.)
- **Alternative entrance⁵**

References

1. Facts on the ADA, disability, and accommodations. Imperial Valley College. Accessed April 25, 2023. <https://www.imperial.edu/students/dsps/information-about-disabilities/facts-on-the-ada-disability-and-accommodations/>
2. Your employment rights as an individual with a disability. U.S. Equal Employment Opportunity Commission. Accessed April 25, 2023. <https://www.eeoc.gov/laws/guidance/your-employment-rights-individual-disability>
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4. Reasonable accommodations and modifications. U.S. Department of Housing and Urban Development. Accessed April 25, 2023. https://www.hud.gov/program_offices/fair_housing_equal_opp/reasonable_accommodations_and_modifications
5. Americans with Disabilities Act: accessibility standards. U.S. Access Board. Accessed April 25, 2023. <https://www.access-board.gov/ada/>



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