

# Checklist – My Healthcare Reasonable Adjustments: What Can I Ask For?



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This checklist can be used to identify reasonable adjustments in healthcare settings for people living with rare disease disability. Healthcare settings include medical, dental and allied health appointments.

## You can use it to help with:

- Speaking up for yourself (self-advocacy).
- Care planning.
- Coordination with health teams, family, supports and the National Disability Insurance Scheme (NDIS).

## You can ask for the following general reasonable adjustments:

### Communication and Information

Plain language explanations or Easy English with pictures.

Visual aids or communication boards.

Captioning, Auslan, or tactile signing.

Braille or large print format and digital information compatible with screen reading software.

Alternative and Augmentative Communication (AAC) support.

Extra time during appointments to process, respond and provide consent.

Support from someone who knows how you communicate.

Provision of culturally appropriate support.



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## Environmental and Equipment

A quiet space or private room if you have sensory sensitivities.

Low lighting or reduced noise.

Sensory breaks.

Accessible toilets, ramps, signage, and waiting areas.

Adjustable-height beds and chairs.

Flexible appointment times, including longer or multiple short appointments.

Steps to minimise waiting (e.g. text advice of delays, waiting in car).

Hearing loops.



## Support Inclusion

Your assistance animal.

A carer, support worker, or advocate.

Someone who helps you communicate or make decisions.

Someone who helps meet your disability-support needs.

Specialist disability or allied health professionals involved in your care.



## Service Models and Procedures

Disability-accessible outreach or telehealth services.

Tours to familiarise yourself with hospital areas.

Demonstration of physical examination to gain permission.

Pre-medication before a procedure if needed.



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*This resource is part of the nationally codesigned **Rare Disease Disability Toolkit** and is accurate at the time of publishing (February 2026). For more information, see the **Reasonable Adjustments in Healthcare: What Can I Ask For? guide**. The information provided does not necessarily represent the views of Rare Voices Australia (RVA) or imply endorsement. RVA is not liable for any loss, damage, or consequences arising from the use or misuse of this resource.*

