

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



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This checklist can be used to identify reasonable adjustments in hospital settings for people living with rare disease disability.

You can use it to help with:

- Speaking up for yourself (self-advocacy).
- Development of your Personalised Care Plan/Disability Health Profile.
- Coordination with health teams, family, supports and the National Disability Insurance Scheme (NDIS).

You can ask for the following hospital reasonable adjustments:

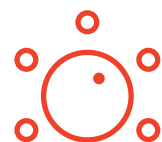
Communication and Information

- Communication boards available and within reach.
- Head switch for nurse call bell positioned correctly.
- Eye gaze technology set-up.
- Communication device plugged in and charged.



Environmental and Equipment

- Access and space for personal equipment (e.g. wheelchair, ventilator, prosthesis or splints).
- Standard hospital equipment (e.g. air mattresses, commodes, transfer aids).
- Private or low-stimulus sensory settings (e.g. private room, low lighting).
- Room or bed location suited to needs (e.g. close to nurses' station).
- Familiar environment (e.g. personal bedding, toys, music etc.).



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Support Inclusion

- Provision for assistance animals, including access to relief areas.
- Furniture and space for carers to stay during admission.



Service Models and Procedures

- Flexible meal options to suit dietary, cultural, or sensory needs.
- Adjusted rounding routines (e.g. frequent or fewer staff checks).
- Minimising overnight disturbances.
- Minimising staff changes.
- Minimising changes in routines and environments.



Exceptional Circumstances

- Safe sleeper enclosed beds (behaviour support may be required).
- Bariatric beds for co-sleeping.
- Protective covers, mittens, or splints (behaviour support may be required).



Before You Go Home

- Clear Discharge Summary or Transfer of Care Summary.
- Copy of care plan for general practitioner or support team.



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Other Hospital Support Services

The hospital may offer the following services:

- Access to a fridge or microwave for personal food.
- Day leave or temporary ward leave.
- Laundry services for personal clothing.
- Access to personal care items (e.g. continence aids, personal grooming items).
- Discounted or free hospital parking.
- Meal vouchers or subsidised meals for carers.
- Accommodation support for family or carers in nearby facility.



National Disability Insurance Scheme (NDIS) Concurrent Supports

(NDIS Participants Only)

While in hospital, some NDIS participants may be eligible for a support worker to assist them due to their significant behavioural and/or communication support needs:

- Support worker assistance in hospital for significant behavioural/communication needs.
- Training for hospital staff in disability-specific needs.
- Assistive technology that is not part of clinical care.
- Planning for home and living supports.
- Health Liaison Officer support.



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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.*

