





EXAMPLES OF ADJUSTMENTS

Environmental adjustments

- Provide a quiet, well-lit workspace
- Use noise-reducing headphones or earplugs
- Use a desk mat to reduce visual clutter
- Use a desk lamp to provide consistent lighting
- Use a desk calendar to track deadlines
- Use a desk organizer to keep materials organized
- Use a desk pad to provide a consistent surface
- Use a desk mat to reduce visual clutter

Process adjustments

- Use a checklist to track tasks
- Use a timer to manage time
- Use a calendar to track deadlines
- Use a desk calendar to track deadlines
- Use a desk organizer to keep materials organized
- Use a desk pad to provide a consistent surface
- Use a desk mat to reduce visual clutter
- Use a desk lamp to provide consistent lighting

Cognitive load adjustments

- Use a checklist to track tasks
- Use a timer to manage time
- Use a calendar to track deadlines
- Use a desk calendar to track deadlines
- Use a desk organizer to keep materials organized
- Use a desk pad to provide a consistent surface
- Use a desk mat to reduce visual clutter
- Use a desk lamp to provide consistent lighting

Organisational adjustments

- Use a checklist to track tasks
- Use a timer to manage time
- Use a calendar to track deadlines
- Use a desk calendar to track deadlines
- Use a desk organizer to keep materials organized
- Use a desk pad to provide a consistent surface
- Use a desk mat to reduce visual clutter
- Use a desk lamp to provide consistent lighting

Product adjustments

- Use a checklist to track tasks
- Use a timer to manage time
- Use a calendar to track deadlines
- Use a desk calendar to track deadlines
- Use a desk organizer to keep materials organized
- Use a desk pad to provide a consistent surface
- Use a desk mat to reduce visual clutter
- Use a desk lamp to provide consistent lighting