Positive health statement

# What details do you want to share about your health condition?

## General terms e.g. type of health condition:

## Specific symptoms e.g. ongoing fatigue and pain:

## Diagnosis:

# What are you doing to support your health?

## Using self-management strategies such as: (e.g. planning, pacing)

## Attending a specialist service:

## Establishing helpful routines e.g. sleep and rest

# Are there any reasonable adjustments that would help in the workplace?

## Alteration to the work environment:

## Variation of tasks to allow pacing:

## Flexible working hours:

## Special equipment:

# How would this benefit the employer?

**For example:** I could concentrate better… I could be more effective for longer… I would enjoy my work more… I would be less likely to have a setback…