

# **Soph Shaw Access Rider!**

**Hello! It's likely that if you're reading this, it means we're working together in some capacity. This document is a simple breakdown of my access requirements – I'm happy to answer any questions regarding the document! The things in **Pink** are my priority – so if there's not much time, they are the key ones.**

## **I live with:**

- Hypermobile Ehlers Danlos Syndrome which manifests itself in
  - o Easily breaking/bruising skin
  - o Loose, unstable joints that click and dislocate easily
  - o An increased range in joint mobility (hypermobility)
  - o Extreme tiredness
  - o Chronic Fatigue
  - o Chronic Pain
- A neurodivergent brain
- Migraines

## **I can't *always*:**

- Stand for long periods of time
- Sit without back support
- Lift heavy objects for long periods of time
- Understand things upon first explanation
- Be flexible with pre-negotiated timings in the day
- Recognise when (what I believe is) my direct form of communication comes off as rude, or causes upset
- Recognise indirect/tacit critiques from others when not laid out concretely
- Process what I'm hearing correctly
- Recognise bodily cues like hunger/pain/headaches

## **I need:**

- 20 mins of quiet time alone available
- The opportunity to sit down at any time
- The opportunity to lie down during work/focus time – **I want to and will continue to work whilst lying down, if I can't I'll leave the room, so please assume I am still working and concentrating**
- Warm up and cool downs before extensive physical activity
- Re-affirm and elaborate on instruction details
- Outline time frames for specific task work (i.e “We will discuss the set design for the next 30 mins”)
- Strict times of arriving at/leaving locations
- Direct communication
- Subtitles on videos when possible
- Minutes taken during meetings (by myself/anyone)
- **Frequent breaks to eat and rest**, and be made aware of those opportunities prior to the day (i.e “no time to go to tesco's so bring snacks tomorrow!”)

## **Resources:**

Hypermobile Ehlers-Danlos Syndrome (hEDS)

<https://www.nhs.uk/conditions/ehlers-danlos-syndromes/>