

The Job Demands and Accommodation Planning Tool (JDAPT) helps workers with chronic, episodic conditions—and the workplace parties who support them—identify practical support and accommodation strategies to help them successfully stay at work.

More than 8 million Canadians live with limitations to their daily activities due to health or other conditions.

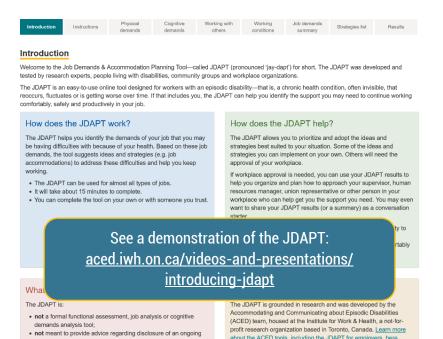
These limitations—or disabilities—may be permanent and experienced every day, or they may be "episodic." Episodic conditions are chronic health conditions, often invisible, that can re-occur, fluctuate, or worsen over time.

People living with disabilities are less likely to be employed than people without disabilities. They often give up work temporarily or permanently and can struggle to return to work.

Unfortunately, many people struggle with knowing how to remove or reduce the barriers that can impact the ability to work. They ask:

- How should I think about my needs or the needs of a worker?
- What can be done to help someone struggling at work due to their health?

Learn more: aced.iwh.on.ca/jdapt



The Job Demands and Accommodation Planning Tool (JDAPT) is an easy-to-use online tool designed to identify supports that can help workers with chronic and episodic conditions continue working.

The JDAPT is different from other tools:

The JDAPT focuses on work demands rather than health symptoms or a diagnosis. It uses a series of simple questions to identify areas of work that may be challenging for a worker and provides a list of concrete support ideas that fit with the demands of the job and a worker's needs. This allows the user to discuss support needs and focus on work solutions, not a disability diagnosis or symptoms.

The tool is available in worker and organizational versions in both English and French.

Free and confidential

The JDAPT is free to use and takes about 15 minutes to complete. Users are not asked for personal information and answers will not be saved or shared with others. You may save a copy of your answers for your own use.



The JDAPT was created by the ACED Partnership led by the Institute for Work & Health (iwh.on.ca).

MS Canada is a proud community partner of the ACED project and supported the development of the JDAPT. MS Canada is committed to ensuring Canadians affected by MS can participate fully in all aspects of life including in the workplace.

For more information visit mscanada.ca.

