

# Physical Impairment

## Physical impairment affecting mobility and/or dexterity

### Beginning study

Depending on the degree and nature of your physical impairment, some aspects of study may be challenging for you. It is important to consider giving staff clear information about your how your physical needs may impact on your study so staff are in the best position to work with you on achieving your goals.

You, the academic staff in your programme, and Disability Services staff need to have a good understanding of factors such as:

- your mobility requirements in moving around the campus and accessing study and other spaces,
- your access requirements in off-campus course activities (e.g. workplace visits, placements),
- your physical needs in relation to activities such as reading, writing, typing, using tools and carrying loads,
- your use of ergonomic furniture, adaptive technology and other equipment,
- your ability to sustain concentration if you are experiencing fatigue or pain,
- your need for breaks to manage fatigue or pain,
- disability related reasons for absence from class,
- any course related situations which may raise safety issues for you or others you are working with.

### Environmental access issues

Ara staff will work with you to give you access to the campus and study activities associated with your programme of study. You are responsible to make your own arrangements for any personal care needs you may have.

If you use a wheelchair or have other mobility or dexterity needs that may impact on your study, please register with Disability Services at Ara as soon as possible, preferably some time before your classes start so there may be a greater chance of making environmental adjustments if this is required.

## Suggestions for successful learning and study

### Before your studies start

- Before classes start, check out the accessibility of the routes you will need to travel, your classrooms, nearby toilets and other critical spaces. Disability Services staff can provide assistance with this. Let your tutors and/or Disability Services staff know if there are likely to be any access difficulties for you.
- Before your classes start, check the layout of your classrooms and work out the best seating arrangement to meet your needs. Once classes start, arrive at class early to claim your preferred seat.
- Disability Services can assist you to provide tutors with information about your needs and any arrangements that may need to be put in place.
- If you have specific needs for ergonomic furniture or adaptive computer equipment, discuss this early with Disability Services staff.
- If you have a mobility parking card, have a look at the Madras Street and Trades campus maps in this section to see where the mobility parks are situated.

### Reading course material

- Give Disability Services early notice if you need to have course materials in specific formats (e.g. digital).
- If accessing reading material has some challenges for you, find out from your tutor which is the most important article, chapter or book in your required course reading and read that first.
- If you need more information about effective reading strategies, make an appointment with Learning Services so you can make the best use of your reading time.

### Writing

- Discuss your notetaking needs with Disability Services staff: you may write or type your own notes (at least some of the time). Alternatively, you may borrow a recording device or have notetaking support.
- You may be eligible for specific exam arrangements such as extra time, a separate room, use of a computer for word processing or writer support.
- If typing is a tiring or slow process for you, consider using word prediction software. Read and Write Gold software, available on Ara computers, has this function available. Ask Disability Services staff for more information.
- Make an appointment at Learning Services to get help with skills such as planning and writing your assignment, essay and report writing and notetaking skills. Talk to Disability Services staff if you have any disability-related difficulties getting access to Learning Services support.

### Contact Disability Services

Phone: 940 8089 email: [disability@ara.ac.nz](mailto:disability@ara.ac.nz)

### **For more information:**

Study strategies: [http://services.unimelb.edu.au/disability/resources/towards\\_success](http://services.unimelb.edu.au/disability/resources/towards_success)