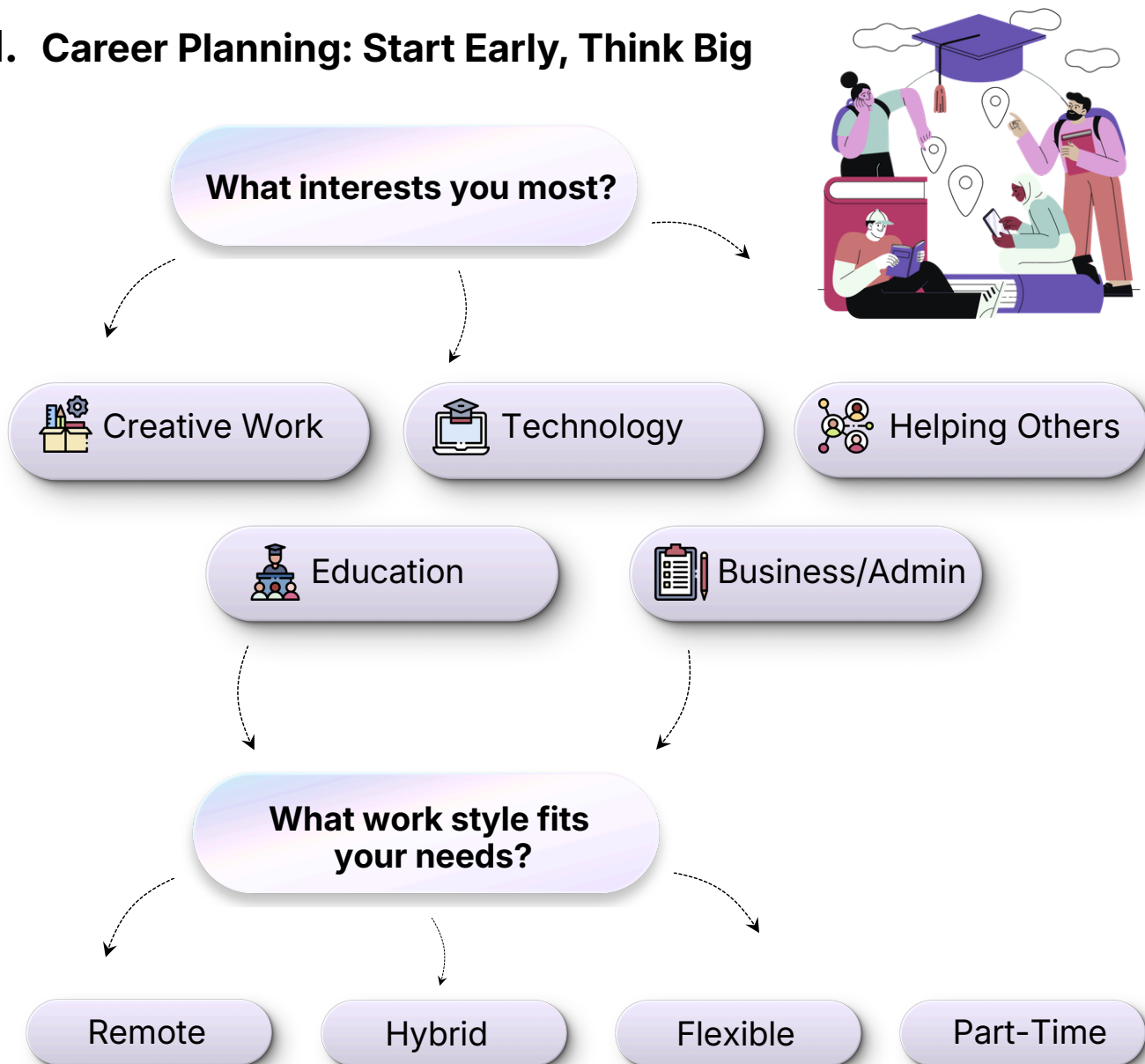


CAREER PLANNING & WORKPLACE ADAPTATIONS

Building a career with MPS may look different for everyone, but meaningful and fulfilling work is possible. This guide is designed to help you explore career paths, request workplace support, and build confidence as you enter the workforce.

1. Career Planning: Start Early, Think Big



There is no single "right" career path. Finding the right fit matters most.

CAREER PLANNING & WORKPLACE ADAPTATIONS

Possible Career Paths

Creative Work

Content Creator
Graphic Designer
Copywriter



Education

Web Developer
IT or Tech Support
Data Entry Specialist



Helping Others

Peer Support Advocate
Community Outreach Assistant
Patient Advocacy Coordinator



Technology

Tutor
Teaching Assistant
Online Course Support



Business & Administration

Administrative Assistant
Office Coordinator
Virtual Assistant



Many people with MPS succeed in careers that offer flexibility, hybrid schedules, or remote work opportunities.

Turning Interests Into Goals

Career Planning Checklist

- ☐ Explore your strengths and interests
- ☐ Understand your work needs
- ☐ Set realistic goals
- ☐ Gain experience through volunteering or internships
- ☐ Build your resume
- ☐ Explore flexible career options

2. Workplace Accommodations: What You Can Ask For

Workplace accommodations are adjustments or supports that help employees perform their jobs effectively and comfortably.

Flexible Work Hours



Adjusted schedules or part-time options to support energy levels and medical needs.

Remote or Hybrid Work



The ability to work from home full-time or part-time to reduce commuting and fatigue.

Modified Workspaces



Adjustable desks, ergonomic chairs, or accessible workstations for greater comfort and accessibility.

Extra Breaks



Additional rest breaks to help manage fatigue, pain, or physical discomfort throughout the day.

Accessible Facilities



Access to accessible toilets and workplace facilities that support mobility needs.

Accessibility Support



Elevator access, reserved parking, or easier building access when mobility is affected.

Assistive Technology



Speech-to-text software, adaptive devices, or other tools that support communication and productivity.

Medical Appointment Flexibility



Time off or schedule flexibility for medical appointments, treatments, or infusions.

The accommodations you need may be different from someone else's. Focus on what helps you work safely, comfortably, and effectively.

How to Request Accommodations

1. Know What You Need

Be specific about your condition and how it affects your work.

2. Put It In Writing

Submit a formal request to Human Resources or your manager.

3. Provide Documentation

A letter from your doctor may help explain your needs.

4. Discuss Solutions

Work together with your employer to find supportive solutions.

How to Start the Conversation (Email Template)

*Hello,
I would like to discuss possible workplace accommodations related to my medical condition. Some adjustments may help me perform my job more comfortably and effectively.
I would appreciate the opportunity to discuss options that could support my work responsibilities and health needs.
Thank you for your understanding.*



3. Remote Work: A Flexible Option for Many

Remote and hybrid work can provide greater flexibility for individuals with MPS, especially when commuting, fatigue, mobility, or frequent medical care create additional challenges.

Types of Remote-Friendly Jobs



Creative & Communication

- Writing
- Content Creation
- Digital Marketing



Design & Technology

- Graphic Design
- UX/UI Design
- Software Development



Support & Administration

- Customer Service
- Tech Support
- Virtual Assistance



Organization & Data

- Data Entry
- Transcription
- Administrative Support



Education & Learning

- Online Tutoring
- Academic Support
- Teaching Assistance



Flexible Freelance Work

- Freelance Projects
- Contract Work
- Remote Consulting

Platforms to Explore

Freelance Platforms

- Upwork
- Fiverr
- Toptal

Job Boards

- LinkedIn
- Indeed
- JobStreet
- Glints

Remote Work Platforms

- Remote OK
- We Work Remotely
- FlexJobs

4. Legal Rights & Disability Protections in Asia

India

Rights of Persons with Disabilities Act (RPWD Act) includes employment protections.

Singapore

Enabling Masterplan promotes inclusive employment and training.

Malaysia

Persons with Disabilities Act promotes non-discrimination, though enforcement is limited.

Japan

Companies are required to hire a minimum percentage of employees with disabilities.

China & South Korea

Offer quotas and incentives for inclusive hiring.

United Kingdom

Equality Act 2010 protects against workplace discrimination.

Disability rights and workplace protections vary between countries, so it is important to understand the laws and support systems available where you live.

Resources Across Asia

Here are some regional and global resources to support your career journey.

Regional Resources

Asia-Pacific Development Center on Disability (APCD)

[LEARN MORE →](#)

Enable Asia (Singapore)

[LEARN MORE →](#)

National Council for Persons with Disabilities

Country-specific (India, Malaysia, Philippines)

Japan Organization for Employment of the Elderly and Persons with Disabilities (JEED)

[LEARN MORE →](#)

Global Tools

ILO Global Business and Disability Network

[LEARN MORE →](#)

Disability:IN

[LEARN MORE →](#)

Remote Job Platforms

We Work Remotely, FlexJobs, etc.

5. Workplace Culture & Disclosure

In some workplaces and cultures, disability may still carry stigma or misunderstanding. Deciding whether to disclose your condition is personal and may depend on your role, support needs, and comfort level.

There is no single "right" way to disclose your condition.

✓ **Disclose When Necessary**

If accommodations are needed to perform your job safely or effectively, disclosure may be important.

✓ **Focus on Strengths**

Be honest and professional while emphasizing your skills, abilities, and readiness to work.

✓ **Know Your Rights**

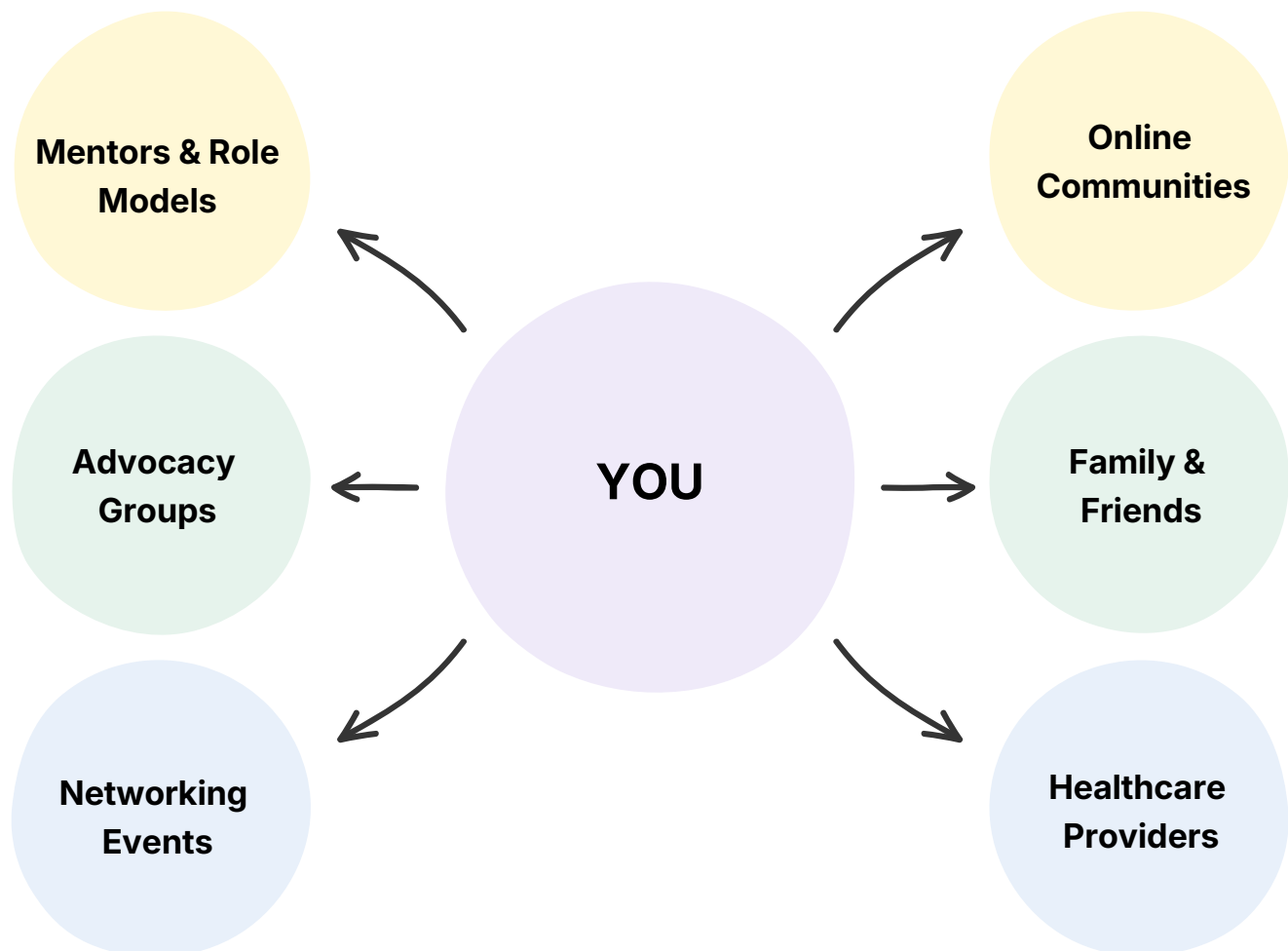
If disclosure results in unfair treatment, advocacy or legal support may help.

Conversation Starter

"I have a medical condition that affects my mobility and energy levels. I would like to discuss possible accommodations to support my learning."

6. Building Your Confidence and Support Network

Building a successful career also means building a strong support system. Encouragement, guidance, and connection can make a meaningful difference throughout your journey.



7. Final Thoughts

Living with MPS may shape your career journey, but it does not define your potential. Meaningful and fulfilling work is possible with the right support, accommodations, and confidence.

"Your career path may look different, but your goals, talents, and contributions are valuable."

There is a place for you in the workforce.

