

# Tips to make your psychology practice more accessible



When providing mental health support to patients living with disability, it's important to consider any accommodations they might need in order to feel comfortable and supported.

## Considerations to keep in mind:



### Vision impairment

Prioritise digital accessibility by ensuring your website and support resources are easily interpreted by screen readers. Include 'alternative text' for images, implement accessible colour contrasting, consider larger font sizes, and provide digital versions of intake documentation in PDF format.



### Communication approach

Tailor your communication style to match your clients' needs. Consider written or visual approaches, and take the time to understand and support any assistive technology they use for communication.



### Intellectual disability

Consider communicating with the client's family member or designated decision-maker to understand the most effective way to obtain consent to engage in mental health care.



### Sensory sensitivity

Consider neurodiverse clients' physical environment. Minimise noise, use calming colours, and create a quiet, neutral space for their comfort.



### Delayed communication

If your client has a disability that affects two-way communication, booking an extended consultation will allow them enough time and space to receive support without feeling rushed.



### Mobility support

Have wide entry ways and accessible bathrooms. Furniture that is lightweight or on wheels ensures you can quickly and easily cater to clients who need extra space.

Note: This list is just indicative of some of the potential accommodations needed for people living with disability. Each client's needs and necessary accommodations will be unique to their individual experiences and, therefore, it's best to consult them about the support that is required.

Sources: [Ethical guidelines for psychological practice with clients with an intellectual disability \(APS\)](#); [The Guide Accessible Mental Health Services for People with an Intellectual Disability](#), Department of Developmental Disability Neuropsychiatry (UNSW); and [Workplace Adjustments](#) (Australian National University).