

TOP TIPS for an EDS/HSD friendly workplace

The Ehlers-Danlos syndromes (EDS) are a group of genetic connective tissue disorders with symptoms affecting the whole body. Hypermobility spectrum disorders (HSD) have similar symptoms to the most common type of EDS, the hypermobile type. Those affected by EDS or HSD may face challenges to their physical and mental health.

1 Adapt

People with EDS or HSD have symptoms that vary greatly from day to day and often have to adapt their work plans, environment and aspirations.



2 Ergonomics

People with EDS or HSD may find physical tasks or long shifts difficult. Simple physical adaptations such as an ergonomic workspace setup and the use of assistive technology can help overcome many barriers in the workplace.



3 Flexible

A flexible approach which allows planning, pacing and varying hours or breaks according to symptoms, can help people with EDS or HSD stay in work for longer.



4 Law

Employers are required by law to make reasonable adjustments to prevent people with a disability or physical or mental health condition from being disadvantaged. They may be able to get help from the Access to Work scheme (<https://www.gov.uk/access-to-work>).



More information is available from
The Ehlers-Danlos Support UK helpline

0800 907 8518

helpline@ehlers-danlos.org

Visit: ehlers-danlos.org



EHLERS-DANLOS SUPPORT UK