

To whom it may concern.

Support for people with Vestibular Migraine at work.

I have been diagnosed with Vestibular Migraine and have sought support from an online support group at www.Vestibular-Migraine.com in writing this letter. My diagnosis does not affect my ability to do my job and the purpose of this letter is to explore changes that could be made at work to support my condition.

Vestibular-Migraine symptoms can display a variety of symptoms ranging from minor to debilitating symptoms. Vestibular Migraine is a highly complex neurological condition and symptoms can include (but not limited to):

- Dizziness and/or Vertigo
- Light and/or Noise Sensitivity
- Nausea
- Headaches

In the UK Vestibular Migraine can be classified as a disability under The Equality Act 2010. A person can be considered disabled if they;

- Have a physical or a mental impairment
- The impairment has a substantial and long term effect on their ability to perform activities considered normal

It's common for people who suffer with Vestibular Migraine to attain flexible working options with their employers. These are typically at zero to no cost to the employer.

Examples of adjustments common for employers to make include;

- Work from home
- Flexible hours
- Redeployment options
- Flexible breaks
- Stress Management
- Fluorescent lighting support
- Blue Screen protectors
- Removal of disability related sickness unauthorised absences
- Anti Glare screen protectors

In response to this letter could you please advise how you will support me. The team at Vestibular-Migraine.com is also looking to write case studies about employers who support staff who suffer with migraines. If it's possible could the platform write a case study about how you have supported me?

Regards

Vestibular-Migraine.com is a community founded and community funded platform with a mission to raise awareness of Vestibular Migraine and encourage health care specialists to research potential cures. We are 100% reliant upon donations and receive no grants or support from any governments or charities. If you would like to donate please visit our homepage or email us at Hello@Vestibular-Migraine.com

If you would like to get involved in our mission please check out our site below.
We do not offer any health care advice or advice on medications.

www.Vestibular-Migraine.com

Vestibular -Migraine.com