

7 Recommendations for more inclusiveness in science

Taken from the panel discussion "Scientific career with a disability", May 5, 2023

- **Empower yourself:** Pursue an individual career that is compatible with your disability and ask for support!
- **Superiors:** Actively promote the careers of people with disabilities!
- **Colleagues:** Support employees with disabilities and ask what they need!
- **Employers:** Create a barrier-free and unprejudiced working environment!
- **Representatives for severely disabled persons:** Promote and strengthen the local representatives as the first point of contact for employees with disabilities!
- **Research:** Collect more data on employees with disabilities and their conditions in academia!
- **PR:** Make people with disabilities more visible in academia!

