**Telling your employer decision sheet**

This form lists some of the questions you may want to ask yourself or things you may want to consider before deciding to tell your employer about your MS.

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| Do I have to tell my employer? |
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| Why do I want to tell my employer? |
|  |
| When do I want to tell my employer? |
|  |
| Who am I going to tell? |
|  |
| How am I going to tell them? |
|  |
| How do I feel about telling them? |
|  |
| Is there anyone I want with me when I tell them?  |
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You may find it helpful to prepare what you’re going to say, and also to think about any questions you might be asked (and how you might answer them) as well as any support you are going to be asking your employer for. You can use the space below to make any notes you need to help you prepare.

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This is your choice, and depends on a number of different things, including your relationship with your employer, and the nature and atmosphere of your workplace.