

NAVIGATING ACCOMMODATIONS THROUGH SCHOOL

What accommodations are, who to go to, and what options might be offered.



What are accommodations at school?

Being a youth with arthritis comes with specific challenges that can sometimes negatively affect your ability to thrive in school. With arthritis, every day can be different and frustrating to navigate, making it hard to complete school requirements.

Accommodations are often available through your school, and can give you access to various resources and extra help. This resource gives tips and suggestions to make school the best for you.



Individual education plans can be set up within your school. These specially designed plans are for students that outline any accommodations that can be used to help them succeed at school. Different schools have different names for these plans, be sure to reach out to your school to ask further questions.

Tips for asking for accommodations!

Talking with your doctor is a good start to get an idea of the options that might work best for you and who to approach at your school.

- They may be able to support you by providing a letter of support to your school.

High schools often have guidance counselors, and other education institutions, such as universities, often have accessibility offices.

- These people are great starting points to ask about accommodations.

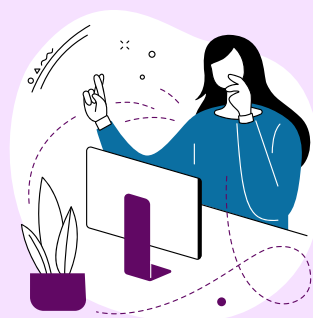
Be clear of your needs and come prepared with accommodations that you think will meet your needs.

It is important to speak up and ask for what you need.

- If your needs change it is possible to modify your accommodations by staying connected with your guidance/accessibility counselor.

If you're unsure what accommodations to ask for, try finding some resources.

- Check out the recommendations in this infographic!
- Reach out to a patient organization who can provide you with some guidance.
- Guidance/accessibility counselor might be able to provide suggestions.
- Be open to the different options, and be sure to keep trying things until you find something that works for you.



Accommodations to consider

Every school offers different accommodations so it is important to bring up your concerns to discover available options to help you succeed.

Some possible accommodations include:

- Extra time on tests/exams and assignments.
- Quiet space to write exams with an option for rest breaks while writing.
- Access to class notes from other students.
- Access to assistive technology for taking notes or listening to lectures.
- Access to accessible transportation to and from school and around campus.
- Access to elevators in school.
- Access to two sets of textbooks to have one at home and one at school so that you do not have to carry them around.
- Access to online versions of textbooks.



These are only a few accommodation examples and are not limited to this list so it is important to think about what you might find challenging at school and if you have any ideas it is important to bring them up when discussing with a counselor!