

HOW TO MANAGE HIGH SCHOOL WITH A CHRONIC ILLNESS



These are just a few tips for navigating Highschool with a rheumatic condition. For in-depth information, visit our website for more!

1 Communicating with Teachers

Creating an action plan can help you and your teacher, especially if you are unable to attend school every day. You can meet with your teachers prior to or at the beginning of each semester to explain your situation and see how they can help. If you're unable to meet with them, sending a letter is a great way to start the conversation.

2 Missing School

Informing your teachers when you will be away helps them to plan and support you. This way they can send you class work or can find other ways to aid you during missed class time.



4 Individual Experiences

Informing others that rheumatic diseases affect people in different ways is important. One person's experience may not be the same as another's. Sharing your story and talking to others can help you and others receive needed and personalized support.



3 Connecting with Others

Sometimes it can be hard for those with chronic illnesses to connect with other students. It can often feel like your conditions can really limit what you're able to do and what you can participate in. Being transparent with others can help them understand and connect with you, here's an example.

"Hey, I have this disease called arthritis which affects a lot of my joints making it hard for me to do a lot of the things that seem easy for you, but I am still willing to try."

5 Learning Plans and Accommodations

Many schools have learning plans for students who may need more support, these can be referred to as Individual Education Plans (IEP) in some schools. Having a plan in place is a can ensure your needs are met and helps when informing your teachers. For more information, talk to your school counselor.

6 Resources for Others

Having resources available for your friends and teachers can also help them understand what you may be experiencing. Digital resources from patient organizations can be shared.



7 Remembering Everyone's Limits

It is important to always remember everyone is unique. Being aware that everyone has unique experiences and limitations, especially others with chronic illnesses. This can help you navigate both yours and others challenges.



8 Letting Others Support You

As you open up about your experiences and challenges to others, people may ask how they can support you. Sometimes it can be difficult to figure how others can support you - make sure to be honest and realistic. Many find that the best support from others is when they listen and keep an open mind during conversations. It is also important to remember that you can keep your conditions to yourself and shouldn't feel pressured to share.

