

Chronic Health Needs: Ideas for Accommodations

Adapted from "How to Get the Best Education For Your Chronically or Seriously Ill Child"
Phoenix Children's Hospital

Arthritis

- Provide a rest period during the day
- Accommodate for absences for doctor's appointments
- Provide assistive devices for writing (i.e.: pencil grips, non-skid surfaces, computer)
- Modify physical education curriculum
- Administer medication
- Arrange for assistance with carrying books, lunch trays, etc.
- Implement movement plan to avoid stiffness
- Allow extra time between classes
- Develop healthcare plan/emergency plan
- Accommodate for writing (computer, note-taker, tape recorder)
- Teacher provided outlines for presentations and lectures
- Adjust attendance policy if needed
- Supply extra set of books for home
- Oral reports vs. written reports
- School counseling
- Bathroom accommodations
- Re-evaluate/update periodically

Asthma

- Modify activity level for recess, physical education
- Use air purifier
- Administer medication
- Provide homebound instruction
- Remove allergens "as needed" and "as possible" from classroom (hairspray, lotions, perfumes, live plants or animals, stuffed animals, carpet, etc.)
- Make field trips non-mandatory (supplement with videos, etc.)
- Provide asthma education to staff/peers
- Involve school nurse
- Modify school day if needed
- Modify attendance policy
- Plan for extended absences
- Extra set of texts for home/hospital
- Re-evaluate/update periodically

Cancer

- Adjust attendance policies
- Provide homebound instruction

- Adjust activity level and expectations in class based on physical limitations
- Daily monitoring or distribution of medications
- Transportation accommodations if needed.
- Modify school day
- Provide extra set of texts for home/hospital
- Involve school nurse
- Education staff/peers on illness
- Counseling
- Re-evaluate/update periodically

Cystic Fibrosis

- Modify activity for recess/physical education if needed.
- Distribution of medication
- Extra set of texts for home/hospital
- Develop healthcare plan/emergency medical plan
- Involve school nurse
- Educate peers/staff on illness
- Modify school day if needed
- Provide homebound instruction
- Open pass to bathroom
- Modify attendance policies
- Modify assignments
- Use air purifier if medically necessary
- Re-evaluate/update periodically

Diabetes

- Establish finger poke times/place
- Snacks in class (morning and afternoon to keep adequate control of Diabetes)
- "Quick Sugar" boxes in any class student attends
- Open pass to bathroom
- Educate peers/staff on signs/symptoms of high and low blood sugars
- Involve school nurse
- Develop health care/emergency plan
- Develop communication tool between school/home
- Provide homebound instruction if needed
- Trained personnel on field trips
- Re-evaluate/update periodically

Temporarily Disabled

- Provide duplicate set of texts
- Provide assignments to hospital school
- Provide homebound instruction
- Arrange for student to leave class early to get to next class
- Access to elevators
- Counseling (trauma from accident)
- Physical Therapy
- Transportation needs
- Provide help in carrying books, lunch tray, etc.
- Excuse from/adapt physical education
- Modify assignments depending on disability
- Adjust attendance policy
- Shortened school day
- Wheelchair accommodations
- Involve school nurse
- Re-evaluate if services need to be extended or adjusted
- Shortened or adapted day
- Rest periods
- Clothing restrictions – or special accessible clothing to reach specific areas for medical needs
- Equipment (medical or physical)
- Location of classes
- Emergency plan (health emergency or school related)
- Health plan
- Hospitalizations – contact names, phone numbers of hospital teacher
- Curriculum expectations
- Physical education adaptations
- Special diet (cafeteria directions, special foods, snacks during class, etc.)
- Name and contact phone number of primary physician and emergency contacts close at hand for all school staff that work with this student

Other Health Issues to Consider

- Medication-names, schedule, administration (who and where)
- Medical forms
- Signs/symptoms of illness/injury
- Staff education (teachers, nurse, counselor, cafeteria workers, recess aids, bus drivers, etc.)
- Peer education
- Plan for substitutes
- Field trips
- Full-time nurse or other trained professional in school

There are several ways to provide services for children with chronic health care needs. They are the Individual's with Disabilities in Education Improvement Act 04; Section 504 of the Rehabilitation Act of 1973; or the Chronic Illness Policy covered by Arizona Revised Statute 15-346. For more information contact your child's teacher, or your school district's Special Education Department to find out which is the most appropriate service for your child's needs.

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