

# Accommodations for Students

*(Instructions from the Health Care Provider)*

Patient Name: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Restrictions should be applied from \_\_\_/\_\_\_/\_\_\_ until \_\_\_/\_\_\_/\_\_\_

This patient had been diagnosed with a concussion and is currently under our care. It is recommended that the below accommodations be implemented to avoid increasing concussion symptoms and delaying recovery.

### Physical Exertion (check all that apply)

- No physical exertion/athletics/gym class
- Begin return to play protocol as indicated below
  - \_\_\_\_\_ Low levels of physical activity (only if symptoms do not come back during or after the activity). This includes walking, light jogging, light stationary biking, and light weight lifting (lower weight, higher reps, no bench, and no squat)
  - \_\_\_\_\_ Moderate levels of physical activity with some non-rapid body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weight lifting (reduced time and/or reduced weight from your typical routine)
  - \_\_\_\_\_ Heavy, non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weight lifting routine, non-contact sport-specific drills (in 3 planes of movement)
  - \_\_\_\_\_ Full contact in controlled practice
  - \_\_\_\_\_ Full contact in game play

### Brain Exertion (check all that apply)

- No school, homework, or other after-school academic activities
- No reading or texting
- No computer time or video games
- Limit television time
- Avoid loud noise and bright lights
- Allow listening to low-volume music (i.e. iPod, book on tape)
- Allow light reading for \_\_\_\_\_ minutes at a time, for a total of \_\_\_\_\_ minutes per day
- Allow homework for \_\_\_\_\_ minutes at a time, for a total of \_\_\_\_\_ minutes per day
- Allow computer work for \_\_\_\_\_ minutes at a time, for a total of \_\_\_\_\_ minutes per day
- Allow texting for \_\_\_\_\_ minutes at a time, for a total of \_\_\_\_\_ minutes per day

### Academic Accommodations (check all that apply)

#### Attendance

- No school for \_\_\_\_\_ day(s)
- Part time attendance for \_\_\_\_\_ day(s), as tolerated
- Full school days, only as tolerated
- Tutoring homebound/in school, as tolerated
- No school until symptom free or significant decrease in symptoms
- Initiate homebound education

### Academic Accommodations (continued)

#### Visual Stimulus

- Allow student to wear sunglasses in school (including in class)
- Permit pre-printed notes for class material or note taker
- Limit smart boards, projectors, computers, TV screens or other bright screens
- Enlarge font when possible
- Allow student to sit near the front of the classroom

#### Workload/Multi-tasking

- Reduce overall amount of make-up work, class work and homework when possible
- No homework
- Limit homework to \_\_\_\_\_ minutes a night
- Prorate workload when possible
- Limit backpack weight
- Limit stair use

#### Breaks

- Allow student to go to the nurse's office, if symptoms increase
- Allow student to go home, if symptoms do not subside

#### Audible Stimulus

- Allow student to leave class 5 minutes early to avoid noisy hallways
- Provide opportunity to have lunch in a quiet place
- Use audible learning (discussions, reading out loud, or if possible, text-to-speech programs or Kindle)

#### Testing

- No testing
- Extra time to complete tests
- No more than one test a day
- Oral testing only
- Open book testing
- Testing in a quiet environment

#### Work Restrictions

- No work at this time
- Limit work to \_\_\_\_\_ hours per day

#### Additional Instructions:

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**Provider Signature:** \_\_\_\_\_