

## Suggested School and Home Adjustments

Students with a concussion may suffer headaches, light and noise sensitivity, blurry or double vision, nausea, poor memory and mental foggy. Looking from near to far (taking notes) may be difficult. They may become fatigued very easily. They may have increased anxiety and be more emotional. They may have neck or back pain.

### AT SCHOOL

Please support the student's concussion recovery by providing academic adjustments based on symptoms. Students usually can be in school during a concussion recovery within a few days of an injury.

**For the student's safety, the student may not participate in PE, recess, and physical activities at school. The school may contact the clinic for special considerations.**

Please apply any of the following suggested adjustments for the student as needed. Please **LIFT** adjustments whenever you and the student feel they are no longer necessary. Every concussion is different so these adjustments should be individualized. **ATTENTION:** It is the job of both the student/parent and teacher to work closely together to make joint, fair and reasonable decisions.

- **REMOVE** non-essential work. Exempt or postpone exams or projects.
- **REDUCE** workload in the classroom/homework.
  - Week 1 post-concussion: consider requiring 10-33% of normal workload
  - Week 2 post-concussion: consider requiring 33-66% of normal workload
  - Week 3-4 post-concussion: consider requiring 66+% of normal workload
- Adjust "due" dates and allow for extra time if the work is essential.
- Grade only on work completed.
- Allow student to "audit" classwork (listen, learn, discuss).
- Provide alternative testing (quiet testing environment, oral testing, use of study guide or open book, etc).
- Allow for teacher notes or notes from classmates.
- Provide "eye or brain breaks" allowing the students to close their eyes or put their head down in the classroom if needed
- Allow rest times in the clinic or in a quiet space to keep symptoms under control.
- Allow sunglasses or hat for light sensitivity and headphones or earplugs for noise sensitivity.
- Allow quiet passing in halls before or after passing period.
- Allow option to sit out of music, orchestra, band, or computer class if symptoms are provoked.
- "Pace" time on computers/electronics, taking frequent breaks.
- Allow late start or early dismissal, especially during the initial recovery period.
- Allow student to remove him/herself or visit with a supportive adult (counselor/nurse/advisor) to de-escalate emotions.

### AT HOME

- Communicate frequently with your child's school so that adjustments can be made in classes. (High school students should advocate for themselves.)
- Continue to follow-up with your child's healthcare professional until the concussion is "cleared."
- Limit electronics to schoolwork and essential communication.
- Promote your child's sleep hygiene, water intake, and healthy eating habits – Please see handouts.

Please contact our clinic for any questions or further discussions.