



PATIENT ADVISORY COUNCIL IBD ACCOMMODATIONS

This highlight was created with original content from [IBD Accommodations Toolkit](#) Download the full resource @ improvecarenow.org/accommodations

Americans with Disabilities Act (ADA)

There are five main areas ('titles') that the ADA provides coverage for: employment, public services, public accommodations/services operated by private entities, telecommunications, and miscellaneous provisions.

Most of the accommodations that IBD patients utilize relate to either employment or public services (including education).

The Accommodations toolkit provides information about academic, workplace, and other 'public life' accommodations.

Patient Perspective on Accommodations

"Don't feel reluctant to get/use accommodations. A lot of students feel uncomfortable using accommodations, because they feel like they're getting special treatment, which isn't the case! Accommodations exist to level the playing field, and provide us with access to rights like education. Don't let anyone make you feel bad for taking care of yourself or your needs – you have the right to support!" – Toolkit Contributor



College vs. Grade School Accommodations

The accommodation process in college has a few main distinctions. First, you'll be working primarily with your school's Student Support Services or Disability Office to set up accommodations. The other main difference is that the student is responsible for self-advocating. The disability office is able to set up accommodations and mediate if you have difficulties but you also need to make sure you're expressing your needs and following through. Even though you won't have a 504 Plan, your professors are required to provide "reasonable accommodations" once you have submitted documentation of your disease. 



PAC TIP: BE PROACTIVE - SET UP ACCOMMODATIONS EARLY

Accommodations at Private Schools

Because private schools do not utilize government funding, they are not required to offer 504 plans. However, there are still ways to receive accommodations. The process will likely vary depending on the private school, but generally you will need to:

- Email the nurse, counselor, and/or teachers to let them know of your diagnosis.
- Speak with your counselor and discuss the accommodations that you may need. To avoid having an urgent need for an accommodation in an unexpected situation, make sure to ask for any accommodations you may need later in the year.
- The counselor should then notify your teachers of the accommodations you need.
- Follow up with your counselor yearly to make sure your accommodations are still in place and updated to your needs.

Examples of 504 Plan Accommodations

504 ACCOMMODATIONS INCLUDE, BUT AREN'T LIMITED TO, THE FOLLOWING EXAMPLES:

- unlimited restroom access
- stop-the-clock testing
- access to health center
- exemption from physical education classes
- flexible attendance for medical causes
- options to make up missed class time for medical reasons without penalty
- full participation in extracurricular activities despite absences



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