

SCHOOL ACCOMMODATIONS CHECKLIST FOR STUDENTS WITH DYSAUTONOMIA/POTS

STUDENT NAME: _____

SCHOOL: _____

- Access to water or electrolyte beverage at their desk
- Access to quiet salty snacks or salt capsules in class
- Multiple seating options like high-backed chairs, stools or exercise balls
- Allowed different seating positions including elevating feet or sitting cross-legged
- Allowed to visit nurse, library or a designated quiet space to sit or lay down with feet up to recharge
- Allowed to have cooling vests, ice packs, small personal fans, hand warmers or foot warmers for temperature dysregulation
- Classroom shall remain free from allergens at all times such as perfumes, cleaning products and specific foods.
- Unlimited access to the bathroom
- Elevator pass
- Accessible parking spot
- Alternative gym such as recumbent exercises, floor based strengthening exercises to tone core/legs, gentle supine or seated stretching
- Short minute breaks when needed
- Extended time on tests
- Set of school books at home and at school to conserve energy
- Extra time for transitioning between classes.
- Altered start time for school day.
- Partial/half day of school
- Reduced course load

ADDITIONAL NOTES:

NAME OF AUTHORIZED SIGNER: _____

TITLE/AFFILIATION: _____

SIGNATURE: _____

DATE: _____

This form was developed by Dysautonomia International as a tool to assist clinicians and educators in identifying commonly implemented school accommodations that may help students with POTS and other forms of dysautonomia thrive. All accommodations should be tailored to the individual needs of the student. Learn more at dysautonomiainternational.org/school.

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT