Health Conditions
College Accommodations and Considerations

Will begin at 2:00 p.m. Eastern Time
• Audio and visuals are provided through the online webinar platform
• Access to presentation handouts was included in the email reminder you received for this session
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Questions and Comments
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Archive
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Presentation Accessibility

- For the benefit of participants who are not able to see the presentation slides on the webinar platform, speakers will
  - Announce slide numbers
  - Describe images that are meaningful to the content of the session

About Your Hosts…

TransCen, Inc.
- Improving the lives of people with disabilities through meaningful work and community inclusion

Mid-Atlantic ADA Center, a project of TransCen, Inc.
- Funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Administration for Community Living, U.S. Department of Health and Human Services

ADA National Network

- Ten regional centers provide guidance, training, and materials on the ADA
  - 1-800-949-4232
  - ADAta.org
Health Conditions: College Accommodations and Considerations

Annie Tulkin, Founder/Director, Accessible College, LLC
Rebecca Eli Long, PhD student at Purdue University and DREAM Board Member
Val Erwin, PhD student at Bowling Green State University and DREAM Board Member

Annie Tulkin, Accessible College
- Over 10 years in disability field
- Masters in Special Education from the University of Wisconsin, Bachelors in Secondary Education from DePaul University, Certificate in Health Coaching from Georgetown University
- Nearly 6 years as the Associate Director of the Academic Resource Center at Georgetown University (Georgetown's Disability Support Services Office)
  - Supported undergrad, grad, and medical students with physical disabilities and health conditions with their accommodations and provided academic support services to the entire student population

Val Erwin
- Autistic, Dyslexic/LD, PTSD, Depression, Anxiety, ADHD
- PhD student studying disabled college students particularly ways policies and experiences outside the classroom affect student experience
- Dissertation is on Disabled student sexual assault survivors' experiences with the universities response to their sexual assault
Rebecca-Eli Long (they, them, theirs)

- Autistic, has chronic pain, multiple mental illnesses
- Educational background: homeschool, community college, currently PhD student
- Interested in how arts-based research methods can challenge academic ableism
- Recent project on surveying students’ experiences with campus support services to document gaps

Agenda

- College disability stats
- Laws and accommodations in college
- College search
- College accommodations process
- Emergent themes, issues
- Self Advocacy/Self Advocacy Fatigue
- Student perspectives
- Support networks and tools
- Questions

Data

- Most disability support offices are seeing the highest increase in requests for accommodations for students with mental health conditions
College Accommodations and the Law

Laws

IDEA: Individuals with Disabilities Education Act
- Governs special ed services and support for students with disabilities, K-12
- Does not apply to private schools

504: Section 504 of the Rehabilitation Act of 1973
- Students cannot be discriminated against because of a disability
- Private schools, K-12, college

ADA: Americans with Disabilities Act
- Provides for "reasonable accommodations" in the college and employment settings

FERPA: Federal Educational Rights and Privacy Act
- Protects the privacy of a student's education record

Accommodations

<table>
<thead>
<tr>
<th>HIGH SCHOOL</th>
<th>COLLEGE</th>
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<tbody>
<tr>
<td>Student is identified by the school and supported by parents and teachers</td>
<td>Student must self-identify to the Office of Disability Services</td>
</tr>
<tr>
<td>Primary responsibility for arranging accommodations belongs to the school</td>
<td>Primary responsibility for self-advocacy and arranging accommodations belongs to the student</td>
</tr>
<tr>
<td>Teachers approach you if they believe you need assistance</td>
<td>Professors are usually open and helpful, but most expect you to initiate contact if you need assistance</td>
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</tbody>
</table>
Health Conditions and the ADA

The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities.

**Chronic Health Conditions:** Crohn's disease, diabetes, autoimmune disorders, cancer, migraine disorders, arthritis, etc.

**Mental Health Conditions:** Bipolar, Anxiety, Schizophrenia

**Key Question:** How does this condition impact the student?

Accommodation Considerations:

**Mental Health Conditions**

**Academic**
Extra time, laptop in class/notetaker, flexible attendance, reduced course load

**Residential**
Single room, fewer roommates, room location

**Dining**
Allergen free, special diet

Accommodation Considerations:

**Chronic Health**

**Academic**
Extra time, laptop in class, notetaker, flexible attendance, reduced course load, ability to stand/sit, breaks, priority registration

**Residential**
Single room, lower floor, room location, private bathroom

**Dining**
Allergen free, special diet, assistance

**Transportation**
Accessible transportation
The Student's Role

The Student's Role: Expectations

- Applying for accommodations
- Self advocacy
- Self awareness and knowledge
- Understanding college expectations
- Independence required

College Search

- Colleges provide varying levels of support and accommodations
- Individual colleges have their own process for requesting accommodations

Students can:

- Connect with the DSO prior to applying/committing
- Research what supports are available (look at counseling center, student health, health education)
- Identify the services that are offered: tutoring, writing center, academic support
- Identify their own medical needs and considerations when looking at colleges
Issues and Considerations

- Transfer of healthcare
- Medication management
- Mental health services on campus
- Preparation for communicating with administrators/professors

Students can:
- Connect with student health center and counseling center
- Investigate insurance
- Research healthcare providers in the area
- Work on self-advocacy skills prior to college

Self Advocacy

Seeking accommodations is the student’s responsibility
The student is supposed to inform disability service office, provide documentation, and ask for accommodations that might help
Once accommodations are in place, the student is then responsible for notifying instructors and making a plan to implement any accommodations
Instructors are supposed to treat disability information as confidential and it is up to the student what information to disclose
Student is also responsible for advocating if something goes wrong
Self Advocacy Fatigue

- This means that students have a lot of extra work to do on top of everything else college involves.
- If the resources don’t exist at your college, it can feel like you’re trying to reach out for help when nothing’s there.
- Sometimes not only are you advocating for yourself, but encountering a hostile campus climate as well.
- This can lead to fatigue and burnout, which can make college harder to handle.
- Strategies: build community, find allies, pick your battles, be upfront about the amount of work something takes.

Student Perspectives

Val Erwin and Rebecca Eli-Long
Support Networks and Tools

DREAM: Disability, Rights, Education, Activism, and Mentoring

- Coalition of college disability organizations
- Nationally we create:
  - Resources Guides
  - Campaigns like #LowOnSpoons
  - Webinars
  - Information about disability and higher education
  - Disabled and Proud Conference

Other College Supports

- Disability Cultural Centers
- Trio
- Women, LGBT, and Multicultural Centers
- Counseling centers
- Psychological testing centers
- Dean of Students offices
- NAMI: National Alliance on Mental Illness (https://www.nami.org/home)
- JED: The Jed Foundation (https://www.jedfoundation.org)
- Diabetes Organizations
- Specific Campus Chronic Illness and Traumatic Brain Injury Groups
- On-campus Voc Rehab specialists
National Center for College Students with Disabilities

- Federally funded center
- Current home of DREAM
- Cedar database
- Answers questions and concerns for college students and educators
- Creates research about disabled college students experiences
- Housed with AHEAD which is the professional home of disability service professionals

CeDaR Database

- You can search by name or feature
- Some universities gave more information
- Next two slides show what it looks like

CeDaR Database Basic Information
CeDaR Database Information about Accommodations

Contact Annie Tulkin, Accessible College
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Questions

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