

Educational Accommodation Checklist for Concussions

Student Name: _____ DOB: _____

Dear Health Care Provider:

Listed below are common school accommodations for students recovering from a concussion. Please circle the accommodations that your patient will need and indicate when the student will no longer require accommodations or will be re-evaluated.

Post Concussion Effect	School Problem	Accommodation/Management Strategy	Duration/Re-evaluation Date
Attention/Concentration	Short focus on lecture, classwork, homework	Shorter assignments, break-down tasks, lighter work load	
"Working" Memory	Difficulty holding instructions in mind, reading comprehension, math calculation, writing	Repetition, written instructions, use of calculator, short reading passages	
Memory Consolidation/Retrieval	Difficulty retaining new information, accessing learned info when needed	Smaller chunks to learn, recognition cues	
Processing Speed	Difficulty with keeping pace with work demand, processing verbal information effectively	Extended time, slow down verbal information, comprehension-checking	
Fatigue	Decreased arousal/ activation to engage basic attention, working memory	Rest breaks during classes, homework, and exams	
Headaches	Interfere with concentration	Rest breaks	
Light/Noise Sensitivity	Symptoms worsen in bright or loud environments	Wear sunglasses, seating away from bright sunlight or other light. Avoid noisy/crowded environments, such as lunchroom, assemblies, hallways.	
Dizziness/Balance Problems	Unsteadiness when walking	Elevator pass, class transition prior to bell	
Sleep Disturbance	Decreased arousal, shifted sleep schedule	Later start time, shortened day	
Anxiety	Can interfere with concentration, can cause reluctance to rest despite symptoms	Reassurance from teachers and team about accommodations, workload reduction, alternate forms of testing	
Symptom Sensitivity	Symptoms worsen with over-activity, resulting in any of the above problems	Reduce cognitive or physical demands below symptom threshold; provide rest breaks, complete work in small increments until symptom threshold increases	

Health Care Provider Signature: _____ Date: _____

OHS 7/13

Adapted from: Sady, M.D., Vaughan, C.G. & Gioia, G.A. (2011) School and the Concussed Youth: Recommendations for Concussion Education and Management. *Physical Medicine and Rehabilitation Clinics of North America*. 22, 701-719. (pp.714)