



Tips for Coping with Concussion Symptoms

Dear Designated Concussion Point Person –

Your student has experienced a mild Traumatic Brain Injury (concussion) and was seen at Kennedy Krieger Institute. The family received tailored recommendations for the student provided on an Individualized Recovery Plan (IRP), the family should provide you with a copy of that IRP care plan along with this letter. In addition to the specific recommendations outlined on the IRP care plan, the following tips may be useful in supporting successful return to school and problem-solving some common challenges for students who are recovering from concussion. Please be assured that returning to school cannot worsen the student's injury or cause damage to the brain. As recovery continues, these accommodations may be decreased or eliminated.

- **If your student is overwhelmed by makeup work:**
 - Meet with teachers to eliminate unnecessary assignments
 - Reduce testing demands
 - Allow extra time for tests, quizzes, and assignments
 - Identify concrete due dates for missing work
 - Create a calendar for studying and completing assignments in manageable increments
- **If your student has difficulty coping with excessive light and sound**
 - Provide a “flash pass” for breaks outside of the classroom
 - Allow the student to leave the classroom 5 minutes before the bell in order to avoid noisy hallways
 - Provide opportunity for lunch in a quiet place.
- **If your student has difficulty remaining in class due to symptoms**
 - Plan for scheduled 10-15 minute rest breaks outside of the classroom. During this time, the student should be permitted to rest in a quiet environment, get a drink of water, or eat a snack
- **Planning for symptom variability**
 - Concussion recovery is variable and can change from day to day (or hour to hour)
 - Some classes may exacerbate symptoms; others may be more tolerable
 - Provide reassurance to teachers, faculty, and staff that variability is a normal part of recovery from concussion
 - It is important to remember that even if a student “looks fine” they may still be experiencing very real symptoms.
 - Encourage breaks and help the student prioritize tasks and assignments.

If concerns arise, please contact the providers listed on the student's ACE care form and/or our clinic nurse, Sherri Clark, at 443-923-9440. Ms. Clark can also be contacted by email at concussionclinic@kennedykrieger.org.

***Provided to you by the Neurorehabilitation Concussion Clinic
at Kennedy Krieger Institute***