

ACCOMMODATION CHECKLIST:

Steps to Success for Students with Lupus

In collaboration with the Take A Pain Check Foundation we have created a checklist to help you navigate the process of requesting accommodations and advocating for your needs.

1



Contact your school's academic accommodation services as soon as possible.

2



Set up a meeting with the staff at school.

3



Know what accommodations are available and what your needs are.

4



Complete the paper work and get what you need from your physician.





Living with lupus can be challenging, but you don't have to face it alone.

5



Regularly check in with your learning specialist.

6



Remember to check the portal (if you have one) and select your accommodations for each course.

7



Before school starts, email your professor or teacher letting them know your needs.

8



Keep advocating for yourself!



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