

Table 12.5. Return to School Accommodation Plan

Symptom / Sign	Accommodation
Headache and vestibular/vision	<ul style="list-style-type: none"> • Alternative lighting (natural light, when possible, softer light) • Screens: <ul style="list-style-type: none"> - Reduce screen glare and/or contrast - Minimize time on screens if this contributes to headaches - Larger screen and font size - Print long documents and read on paper rather than screen - Use text-to-voice software for longer texts • Recent eye examination • Work in a quiet environment
Cognitive fatigue	<ul style="list-style-type: none"> • Take regular breaks • Shift activities (cognitive to physical demanding) • Use to-do-lists and write information down to reduce cognitive load • Additional time for examinations and for coursework • Work in a quiet environment • Recorded lectures • Written course notes instead of computer
Sleep disturbances	<ul style="list-style-type: none"> • Review and adapt the environment to individual needs: <ul style="list-style-type: none"> - Temperature– use a fan, heater, blankets/sheets - Noise - white noise machine, fan - Comfort –adjust pillow, bedding, bed etc. - Minimize light - black out blinds, eye mask • Relax before and in bed: <ul style="list-style-type: none"> - Meditation, breathing, body scan before bed - Use calming scents/diffuser to promote relaxation - Minimize screen time before bed or in bed • Set a consistent rise and wake time • Nighttime awakenings <ul style="list-style-type: none"> - Leave bed if you are awake for longer than 15-30 minutes <ul style="list-style-type: none"> ▪ Do an activity that is not stimulating in another room ▪ Return to bed when drowsy
Mental health issues	<ul style="list-style-type: none"> • Seek support through family physician and/or specialist • Seek support through post-secondary student counselling centre if available (may be cost effective) <ul style="list-style-type: none"> - Medication and psychotherapy are options

	<ul style="list-style-type: none">• May benefit from increasing engagement in meaningful activities (e.g., spend time with friends, activities outdoors, exercise etc.)
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