

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.



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



Regularly check in with your learning specialist



Set up a meeting with the staff at school



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



Know what accommodations are available and what your needs are



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



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



Keep advocating for yourself!

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



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