

Your Accommodations

Accommodations are so important!

You may be asking yourself "what are accommodations"? Hopefully this will help you understand what they are and how they help you.

The definition of accommodations is: Supports that help you succeed at a given task. Schools and colleges are required to give you the accommodations you need while in school. It is important to know what accommodations you are getting now so that you can ask for them and succeed in the future. As an adult, you are expected to know what you need and what your accommodations are; people are not going to be able to read your mind

Some examples of accommodations are:

- ✓ Extended time to finish tests
- ✓ Wheelchair Ramps
- ✓ Braille Menu at a restaurant
- ✓ Assistance in reading a book or a test
- ✓ Books on tape
- ✓ Large print handouts
- ✓ TV monitor connected to microscope to enlarge images
- ✓ Class assignments made available in electronic format
- ✓ "Real-time" captioning
- ✓ Audio-taped class sessions
- ✓ Computer with voice output,
- ✓ Computer with spellchecker and grammar checker
- ✓ Adjustable tables; lab equipment located within reach
- ✓ Reasonable adjustments with attendance policy

Intro

Icebreaker

Self
Aware

Advocacy

History

Transition

IEP

Jobs

Higher
Edu

Wellness

Health
Transition

Living

Peers

Recreation

Wrap-Up

Glossary

Worksheet:

Activity

What are some of the accommodations you get to help you succeed in school?
How do they help you?

1.

2.

3.

4.

Note: If you do not know what accommodations you receive, ask your teacher or ask to read your IEP or 504 plan. That way you know what accommodations you have and are eligible to use.

Intro

Icebreaker

Self-Aware

Advocacy

History

Transition

IEP

Jobs

Higher Edu

Wellness

Health Transition

Living

Peers

Recreation

Wrap-Up

Glossary

Understanding Yourself

Guess what... you have a disability

Part of accepting yourself is knowing that you have a disability and how it affects your life.

The definition of disability

The five general categories of disabilities

1. *Physical disability:* People with this type of disability may have difficulties with movement or mobility. They may use assisted devices such as wheelchairs or walkers.
2. *Sensory disability:* People with this type of disability may have difficulty hearing or seeing, or both. Individuals with visual impairments may use Braille, canes, or large print to assist them. People who are hard of hearing or deaf may use hearing aids or cochlear implants.
3. *Cognitive disability:* People with this type of disability may have difficulty learning, communicating, and remembering information. They may also have trouble with problem-solving, paying attention, or understanding reading, math, or visual information. They may use daily planners, more time on tests, or quiet areas to study.
4. *Psychiatric and emotional disability:* People with these types of disabilities may have difficulty with emotions and behaviors. Often these individuals are diagnosed with Depressive Disorder, Anxiety Disorder, Psychotic Disorder, and/or Mood Disorder. People with this type of disability may use medications, coping skills, or counseling.



5. *Health-related disability*: People with this type of disability might have a physical condition that affects their overall health. They may have limited strength, vitality, or alertness due to chronic or acute health problems such as a heart condition, rheumatic fever, asthma, hemophilia, and leukemia.

Want to learn about your disability? Here are some places you can go

- ✓ Your Parents
- ✓ Your Teachers
- ✓ The Internet (Google it!)
- ✓ Go to the Library!

Things to never forget!

- ✓ Having a disability is not a bad thing
- ✓ Know your strengths and weaknesses
- ✓ Stay positive 😊

Accommodations -- what are they?

The definition of accommodation is: Things that help you succeed at a given task. Your high school is required to give you the accommodations you need. Colleges and employers will help; you just have to let them know what you need. Once you are in college or working it is up to you to get the supports you need.

Examples:

- ✓ Extended test time
- ✓ Braille Menus at a restaurant
- ✓ Assistance in reading a book or a test
- ✓ Books on tape

Intro
Icebreaker
Self-Aware
Advocacy
History
Transition
IEP
Jobs
Higher Edu
Wellness
Health Transition
Living
Peers
Recreation
Wrap-Up
Glossary



Don't let your disability negatively affect your social life!

Just because you have a disability doesn't mean you can't get out and do things. A lot of youth with disabilities are afraid of being social because they:

- Feel different or stupid
- Feel sorry for themselves
- Lack self confidence
- Feel like people will be mean to them or pity them

Always make an effort to be social, because friends and family can support you through a lot of hard times in your life.

Intro
Icebreaker
Self-Aware
Advocacy
History
Transition
IEP
Jobs
Higher Edu
Wellness
Health Transition
Living
Peers
Recreation
Wrap-Up
Glossary

Getting to Know Yourself

Questions to help you get to know yourself and your disability

The PYLN knows how important it is to accept your disability and understand how it impacts your life. Answering these questions should help you get a better understanding of yourself and the role your disability plays in your life and future.

1. What is your disability?
2. Describe what barriers your disability presents to you.
3. Describe your strengths
4. What are your weaknesses?
5. How do you learn best? (Do you learn by seeing, hearing, or actually doing something?)
6. What kind of help do you get at school so that you can do your best?
7. What kind of things do you think you still need to improve on? (examples: time management and organization)