

CONCUSSIONS: WORK OR ACADEMIC ACCOMMODATIONS

Getting Back At It

Possible Accommodations

Work:

- Reduce work hours per day or per week. Shortened days help prevent a progressive increase in symptoms that often prevent finishing the work day, tolerating post-work activities, or attending consecutive days of work. Time can gradually be increased each day, building tolerance to a full work day or adding more shortened days per week.
- Make time for rest breaks throughout the day to allow the brain and eyes to “reset” from a task and provide an opportunity to monitor symptoms. Timing breaks also allows for tracking and gradual progression of time spent on tasks. This can vary per types of tasks depending on job demands as well as cognitive or emotional related symptoms.



<https://cdn.lynda.com/course/145310/145310-636190593102969217-16x9.jpg>

What To Do?

After sustaining a concussion, there are many different symptoms you can experience that will affect your ability to focus or perform tasks required by your job or attending classes at school. Understanding your rights and seeking consult for work or school accommodations may help reduce symptom provocation and return to prior functioning at a more efficient rate.

Who Can Help?

Discuss your symptoms and current challenges at work or school with the physician or specialist who is directing your care. Consider seeking consult from a Neuro-psychologist or Neuro-specialist. They may be able to provide additional testing and education about changes in your routine or work load that will reduce the potential for symptom provocation.



Possible Accommodations

School:

- Being let out of class a few minutes early prior to next class can help with symptoms provoked by the busy hallways and time to get to a locker or across the building.
- Typed notes provided by teachers can help students listen and retain information. This also reduces the demand of looking up and down from class board to desk, reducing symptoms provoked by head and eye movements.
- Length or style of tests can be discussed and adjusted depending on symptoms.

What To File?

Talk with your Human Resources Department or schedule a meeting with the school counselor or psychologist to discuss paperwork allowing legal support based on medical disabilities for changes in your work or school obligations. A document should be provided by a physician or Neuropsychologist outlining the injury, current impairments affecting participation in work or school tasks, and recommendations for accommodations. These recommendations are meant to allow an appropriate level of participation and interaction without risking over-stimulation and symptom provocation.

For additional assistance or information regarding resources, contact support organizations such as the Brain Injury Alliance in your state or go to usbia.org to find services near you.

