

Sample 504 Plan for Multiple Illnesses: Crohn's Disease, Migraines, and Primary Sclerosing Cholangitis (PSC)

[date]

RE: Aaron G*, Class of 2016, Information on Health Issues

Dear Teachers,

Aaron is happy with the start of school at City High, and is looking forward to the year. He is doing well with his health at the moment, but he has some chronic health problems you should be aware of, and a 504 plan in place in the event that he does not feel well this year.

Aaron has been diagnosed with three chronic illnesses: Crohn's Disease, Migraines, and Primary Sclerosing Cholangitis (PSC). Despite this list of diseases, Aaron generally looks healthy, and tends to be alert, happy, and outgoing. When the diseases are quiet, Aaron feels fine. He takes 17-20 pills a day to keep things stable. But, during a migraine attack or a Crohn's flare, Aaron can feel quite bad, and may need some extra support in school. During a severe Crohn's flare or migraine, Aaron may be unable to attend school. At present time, Aaron is asymptomatic for P.S.C. (an immune disease affecting the liver), so this disease doesn't seem to affect Aaron in school.

Crohn's Disease is an immune disorder in which the body attacks the tissues in the digestive tract, causing inflammation, ulcers, and strictures. Aaron was diagnosed with this disease when he was 10 years old. This is a chronic illness and there is no cure for it. The disease can affect any part of the digestive tract from the mouth down through the large intestines and rectum. Aaron is affected by Crohn's Disease in most organs of the digestive tract. He has been able to minimize the symptoms with medications. When he has a flare-up, he may experience any combination of the following symptoms: diarrhea, blood with bowel movements, abdominal pain, nausea, joint pain, lack of appetite, and fatigue. Aaron takes an immune suppressant for Crohn's disease, which can make it easier for him to catch infections, so he is supposed to move away from anyone who is obviously sick, when possible.

At the age of 11, Aaron started having migraines. Migraines, though common, are not well understood. The latest research shows that migraines are not just bad headaches, but a neurological disease that may or may not have headaches as a side effect. Researchers believe that migraines are caused by a sudden overstimulation of neurons in the brain. Aaron's migraine symptoms can include headaches, nausea, partial loss of vision (including blind spots and flashing lights), speech disruptions, and confusion. Aaron gets 2-6 migraines a month. He recently started taking prophylactic medication, which will hopefully lessen the migraine frequency.

When Aaron was 12, he was diagnosed with Primary Sclerosing Cholangitis (PSC). This is a scary diagnosis, but Aaron is doing very well so far, and we are hopeful he will continue to do well. PSC is a rare immune disorder affecting the liver. It is a progressive disease that has no cure. The disease causes bile ducts inside and outside the liver to become scarred, narrowed, and blocked. As more and more ducts are blocked, bile can become trapped and damage the liver. The damage causes liver cell death and cirrhosis. In many cases, a liver transplant is eventually required. With Aaron, the problem was discovered during routine blood tests, and a liver biopsy confirmed the suspicion of PSC. While doctors are uncertain of the course the disease will take with Aaron, they believe he has a less serious version of PSC, limited only to the small bile ducts. If this is the case, the disease usually causes less liver damage, progresses more slowly, and is less likely to require a liver transplant.

Please feel free to speak with Aaron about his 504 plan or to check in with him about how he is feeling. Aaron tells only a few close friends about his health issues, and prefers as much discretion as possible when implementing the 504 plan, particularly around other students. Thank you for your help with Aaron. Please contact me anytime if you have any questions or concerns.

Sincerely,
Rachel H* (Aaron's mom)

Contact Information

Rachel H* (mother)
Home: xxx-xxxx
Cell: xxx-xxxx
[e-mail address]

Peter H* (father)
Home: xxx-xxxx
Cell: xxx-xxxx
Work: xxx-xxxx
[e-mail address]

504 Plan for Aaron H* - City High School

In the classroom, Aaron is allowed to:

- Use the bathroom at any time, without delay.
- Use the bathroom in room 121 whenever the students' bathroom is locked.
- Keep a water bottle at his desk at all times.
- Go to the nurse's office when unwell, regardless of tests or lesson plans taking place.
- Have "stop the clock" breaks during state testing and classroom testing.
 - Stop-the-clock breaks are an accommodation for students who do not need extended time to test, but whose conditions may interfere with full use of testing time. If necessary, Aaron will indicate the need for a break to the teacher/proctor, who notes the time away from the test, so that Aaron gets the full amount of time for each test without penalty.
 - If Aaron is not able to complete a test due to pain or illness he will be permitted to stop. When this occurs the teacher will grade the portion of the test Aaron completed in a manner that doesn't penalize him or allow him to complete the test at a later time, if possible.
 - If due to pain or illness Aaron is unable to complete a New York State exam, state regulations regarding such instances will be followed.
- Self-monitor his energy levels, fatigue, and pain to determine if he feels capable of participating in gym or other physical activities. He should be allowed to take breaks whenever he feels it is necessary, and rejoin the activity after the break.

When Aaron is away from class due to illness or medical appointments, teachers will:

- Make sure that all power points, handouts, homework assignments and class materials are available on the course website so that Aaron can, to the extent possible, complete his work from home.
- Reschedule tests and extend deadlines for submitting projects and homework assignments when Aaron requests the extension because of illness. He will not be penalized for handing in work late or missing tests due to his illness.
- Aaron's advisor, Sally, will meet with Aaron when he returns after an absence to help organize and prioritize missed assignments and tests.
- Aaron's advisor, Sally, will contact all of Aaron's teachers as soon as she knows that he is going to be absent. She will be the point person who communicates between Aaron's family and his teachers regarding any absences.

Aaron will:

- Only miss class when necessary due to illness or medical appointments (every effort will be made to schedule appointments outside of school hours).
- Work towards handing in assignments on time and only request deadline extensions when his illness makes it necessary.
- Attend before and/or after school tutoring as needed to make up any missed work and assignments.

Signed:

Parent or Legal Guardian Date

Parent or Legal Guardian Date

School Principal Date