

## Managing CAH in College

- Most college campuses in the United States have some sort of Accessibility/Disability Services Center (ARS)
  - Usually can be researched from the school website
  - Submit a letter from a healthcare provider at the time of admittance which will be forwarded to ARS
    - This letter should detail the current and situational impact CAH has on your child as well as daily medications
  - Some schools will have special admittance, but this is not common
- Faculty at the school will NOT know about your child's CAH diagnosis, only the accommodations that are needed
- The 504 plan that your child might have had in high school is not duplicated
- Instructors are not required to become familiar with the condition, nor learn treatment
- It is the students' responsibility to maintain communication and needs with ARS and the instructor, not the parents'.....ie. "Parents who don't involve the student will do them a huge disservice."
  - Students must be able to clearly articulate their individual needs and have a solid understanding of CAH
- Go through the university's campus health services to get a good understanding of the medical care they offer, pediatric endocrinologists that they work with, and EMS/hospital services in the area
  - Consult CARES for endocrinologist referrals in the college's area
- Students should carry their hydrocortisone injection (with pharmacy label clearly on it) at all times, likely in their backpack
- Students should wear a medical tag identifying them as "adrenal insufficient"
- Students should have friends and associates that are aware of their CAH diagnosis and know how to respond if the student with CAH became ill
  - Train a friend or 2 on how to give the injection?
  - Drink responsibly
  - Avoid cramming for exams and not sleeping/eating well—this can create psychological and physiological stress

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### Common Accommodations for Students with CAH:

- Potential housing needs such as buildings with central heat and air depending on the climate
- Absence consideration-most colleges will not waive attendance policies, but if a class participation grade is based on attendance, for example, considerations could be made if the instructor is aware that attending class during illness may exacerbate the illness
- Having access to food and drink during class

- A stop clock on tests to allow for restroom use