

Massachusetts CFIDS/ME & FM Association

Education, Support and Advocacy since 1985

Example of 504 plan accommodations

(from real life, as needed; not all were used at the same time)

This is a sample list of accommodations that a student with ME/CFS may need to facilitate their education. The key is to be flexible and creative to support your student.

- Modified school day as needed (fewer classes scheduled in school)
- Tutors provided up to 10 hours per week when required (we only used 2-3 hours per week at most because health did not allow more)
- Summer tutoring provided (when evaluated as necessary to provide equal access to education)
- Approved on-line classes allowed
- Tutors will have access to curriculum guidelines, course competencies and teacher's textbooks and manuals
- Extended time and or breaks to complete papers, exams and all assignments as needed
- Midterms, finals taken in Guidance as needed with break times allowed
- Shortened homework assignments as needed; shortened and fewer writing assignments per course as needed
- Access to calculator
- Course syllabus and requirements provided at start of each semester
- Teachers to provide all assignments and worksheets either through Edline or email when student is absent
- No sanction for lateness or absence
- Frequent rest breaks to prevent crashes in energy
- Quiet time (if headache or fatigue requires it)
- Second set of books for home
- PE graduation requirements and community service requirements to be waived in view of physical limitations
- Caution with sciences, cologne, perfume, air fresheners, cleaning products because of chemical sensitivity
- Nurses and hall pass (unlimited usage)
- Alert school nurse, teachers and tutors in reference to the student and his/her illness
- Access to the school elevator
- Access to social activities and after-school activities despite frequent absences

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