

# Checklist for Students Transitioning to Post-Secondary School with Rheumatic Disease

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*This checklist was created to assist youth in the transition from highschool to University. This checklist includes a list of common tasks that may help with your transition to post-secondary education. Remember, each person's experience and situation is different, so some of these may not directly apply to you. Print off this checklist and mark off each item as you've completed it.*

## My Transition Checklist:

- I know my medical history and current medications and am able to communicate them in a clear and concise way
- Inform medical team about moving away to University
  - Rheumatologist
  - Family Doctor
  - Physio/Occupational Therapist
  - Other
- Obtain referrals to practitioners/doctors in new city
  - Ensure files are transferred to new practitioner
- Ensure prescriptions are transferred to a local pharmacy
  - Make sure you have enough meds for while you're moving/settling in
  - Confirm proper storage and details for how to travel with medication (i.e. does it need to be refrigerated?)
- Look into insurance plans- are you still covered under your parents medical insurance while at school?
- Connect with school's student accommodations service to set up accommodations (you may need medical documentation)
  - Check below for list of common accommodations
- Look into financial aid- student loans, scholarships, grants, etc.
- Research local groups and/or disability/accessibility services you may wish to connect with



- Is there an on-campus disability advocacy group?
- Is your campus accessible (ex. Elevators in each building, accessible parking, transit nearby)?

### **Common University Accommodations:**

*\*The accommodations listed below are only examples, you may not need every accommodation in this list or you may need different accommodations not listed*

- Note-taker
- Extra time on tests/exams
- Excused absences for appointments
- Accessible Housing
  - First floor or Elevator Access
  - Washroom with shower chair/bench
- Ergonomic Chairs
- Typing assignments/exams instead of writing
- Audio recording for lectures
- Use of Assistive Technology
  - Speech-to-text
  - Digital textbooks

Attending post-secondary education with rheumatic disease can be a very exciting and big transition. We at Cassie + Friends are here to support you during this time. If you are looking for more resources on managing your condition at university/college, accessing accommodation services or connecting with another student with rheumatic disease please go to [cassieandfriends.ca/post-secondary](https://cassieandfriends.ca/post-secondary) or email [info@cassieandfriends.ca](mailto:info@cassieandfriends.ca)

