



The 411 on 504 Plans

MAKING YOUR SCHOOL ACCOMMODATIONS WORK FOR YOU

Managing IBD can be tough enough. Our goal is to help even the playing field at school for kids with IBD.



The Basics:



- 504 Plans are a part of the federal civil rights law that prohibits discrimination against public school students with disabilities.
- Every child diagnosed with IBD who attends public school is entitled to a 504 plan.
- 504 plans outline necessary accommodations and modifications that may be necessary for students to feel more comfortable at school, allowing them to focus on academics.

Educational Challenges:

Attendance

Fatigue

Concentration

Access to Restroom

Privacy

Medication Side Effects


Homework

Participation in Activities





Potential Accommodations:

- Anytime bathroom pass
 - Permission to carry water and/or liquid nutrition all day
 - Modified school day (late start or early dismissal)
 - Modifications of assignments if absent from school due to a flare
 - “Stop the clock” testing if student needs to go to the bathroom
 - A designated place for the student to lay down during the day if needed
 - Being allowed to participate in field trips/activities despite attendance
 - Many more options for your individual need!
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How to Initiate a 504 Plan:

- Partner with your school. It's a good idea to be in contact with school counselors ahead of time, letting them know your student's situation and that they will be needing a 504 plan.
- Ask your IBD nurse for a 504 letter. This letter will have an outline of what IBD is, suggestions for accommodations, and will start the process to develop a formal 504 plan.
- Once you have provided the school with a letter requesting a 504 plan, you will work with a 504 planning committee to design an accommodations plan that works for your student.





Using your 504 plan:

- Once a plan is created, the school counselor should be communicating with individual teachers and administration as needed.
- If there will be an extended absence, it is best to let your school know so that they can begin to gather work, etc.
- If possible, students should carry a copy of their 504 plan with them.

Experiencing bumps in the plan?

- Every school district handles 504 plans differently. Many schools have a seamless system in place for 504 plans, and the plan may work really well for your student.
- If that is not the case, raise concerns directly to the school. They will need to hear how the 504 is or is not working for your student. They should adjust as needed.
- If you need further advocacy from Seattle Children's contact your IBD social worker to discuss options.



Things to keep in mind:

- 504 plans pertain to public school students only. Private schools are not required to provide accommodations.
- Some students have informal accommodations with particular teachers that work well. However, having a formal 504 plan is a good idea to ensure accommodations regardless of teacher changes, etc.
- 504 plans will follow the student through elementary, middle, and high school. Adjustments can be made to the plan as needed.



For College Bound Students:

- Most community colleges and universities have a Center for Disabilities that manages accommodations.
- Often a plan is utilized less as there is more autonomy regarding drinks, food, and schedule planning.
- It is still very important to communicate with professors if an extended absence occurs. Often individual plans to make up work can be made for each class.

Resources:

- Crohn's and Colitis Foundation: crohnsandcolitis.org
- Seattle Children's YouTube Channel
- gikids.org

Your IBD doctor, nurse and social worker are always here to help!
Email questions to ashley.jarrett@seattlechildrens.org



Questions?