

Date:

Name of physician:

Phone number:

To Whom It May Concern:

\_\_\_\_\_ (name) is under my care for migraine and/or headache disease. I am recommending that a 504 plan be initiated/continued to ensure appropriate accommodations are made for her/him to succeed in school.

My recommendations include the following:

1. Student has been encouraged to attend school when at all possible. However, student should be excused for migraine-associated absences and late arrivals and allowed to make up any work that is missed during these absences. It may be necessary to reduce the amount of work assigned to the minimum amount needed to demonstrate knowledge and understanding of the material.
2. Student may need extended time to complete assignments and exams and access to dictated assignments and teacher or peer notes/study guides.
3. Student should be allowed to take migraine medication at school as early as possible after migraine onset and allowed to have one dose of prescribed medications in their possession at all times. If needed, student should be allowed to lay down in a safe, quiet place until symptoms improve. If requested, please allow student to contact a parent or guardian.
4. Student should be allowed to carry a water bottle and utilize the bathroom as needed.
5. It is imperative that this student have 8-10 hours of sleep consistently for migraine prevention. If possible, I would recommend a later start time for this student. This can be achieved by leaving their first class period open.
6. Migraine is frequently exacerbated by environmental factors such as lighting, noise, overheating, and scents. Any modifications the student needs (i.e. FL41 lenses, sunglasses, ear plugs) should be allowed in the classroom.
7. Student should be allowed to participate as able in physical activities like PE and after school activities such as sports, dance, etc. Allow for rest and hydration as needed.
8. Additional accommodations requested:

I look forward to working with you to give this student a quality educational experience. If you have any questions or require additional information, please contact me.