

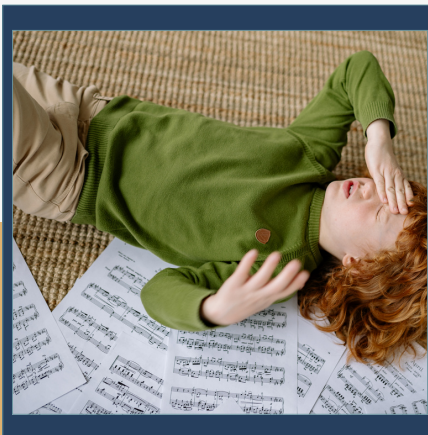


504s and IEPs

SCHOOL SOLUTIONS FOR CHILDREN WITH CHRONIC PAIN



When navigating the journey of chronic pain, there may be a time when your child needs an official agreement with their school to get accommodations. These accommodations remove barriers to learning and give your child equal access to school. It is your right to ask for this. There are two avenues available to your family: a 504 plan or an IEP (Individualized Education Plan).



504s and IEPs

What's the difference?

504

- Allows children to access their education in the form of accommodations to the learning environment
- Based on the Rehabilitation Act of 1973 that protects those with disabilities from discrimination
- Not required to be a written plan
- 504 plan team is not required to include specific people, including parents
- Progress reports are not required as there are no required, set learning goals

WHO IS THIS FOR: A 504 is best for a student who does not need specialized instruction. A student with the right accommodations can still attend their own school. It allows the child to be on equal footing with other students. A 504 can also be used for extracurricular activities.

IEP

- Creates an individualized education plan to meet the needs of a child who needs specialized teaching and services
- Based on the federal education law called IDEA
- A written plan that is a legal document
- Sets learning goals and describes the services that the school must provide in a written plan
- Parents must be included as members of the IEP team (IEP team is made up of school staff, parents and student, if over 14)
- Requires progress reports toward learning goals

WHO IS THIS FOR: When the accommodations of a 504 plan are not enough, it is time to consider an IEP. This is for a child who needs specialized instruction beyond the standard services typically offered by the school. The IEP team will help parents and the student make a plan.

Now that you understand the difference, what do you do?

504

1

You need to have a letter from your healthcare provider. [Migraine at School](#) has a [template for migraine](#). We invite you to edit the document for your child's condition (e.g., POTS).

2

Once you have a letter, make an appointment to talk to the school about creating a 504 plan. Remember you have a legal right to this plan.

3

Review your plan each year to see if there is anything that needs to be changed.

IEP

1

[Migraine at School](#) has a [sample generic IEP form](#) that will work for any condition. To get the process started, request an evaluation in writing from the school. This is free and your legal right. The school has 60 days to complete the evaluation. If your child is found ineligible, you may want to consider a 504 plan.

2

TIP! Requesting an IEP before the school year begins can help ensure that the process goes smoothly and is in place when needed. This will help to avoid undue stress on the student in the event a schedule change is needed.

3

Make sure to have a copy of all the evaluations, recommendations, goals, and objectives prior to the meeting. Request a copy of these at least 7–10 days prior to the meeting. This is your right.

Examples of accommodations for children with chronic pain

- Allowing extra time between classes
- Extra set of textbooks in the classroom or use of an audiobook
- Allowing student to take breaks in a quiet area
- Extended time on assignments
- Teacher or peer copy of notes from class to limit the amount of writing
- Use of technology for note-taking
- Access to water at all times
- Preferential seating
- Modified physical education
- Allowing student to take their medication(s) at onset/worsening of condition
- Special transportation to accommodate needs



This is not a complete list of accommodations, and they can vary greatly based on the student's needs and the child's form of chronic pain. As a family, you know what is best. It is important to include your child in creating the list of accommodations.



uspainfoundation.org/pediatricpainwarriors

The Pediatric Pain Warrior Program is part of the U.S. Pain Foundation, a 501(c)(3) organization dedicated to improving the lives of people with chronic conditions and serious injuries that cause pain.



MigraineAtSchool.org

Migraine at School is a national initiative supported by the Danielle Byron Henry Migraine Foundation, a 501(c)(3) organization. This initiative was created in collaboration with the Coalition for Headache and Migraine Patients.
©2024 Danielle Byron Henry Migraine Foundation. All rights reserved.