

Accommodations Checklist for Students With Mitochondrial Disease



Students with mitochondrial disease (mito) face unique challenges due to the condition's impact on energy levels, cognition, and physical health.

The following accommodations can help support their learning needs.

ENERGY CONSERVATION AND REST

- Rest Breaks:** Allow the student to rest throughout the day to help conserve energy
- Designated Rest Areas:** Identify one or two quiet rest locations
- Extended Time for Activities:** Provide additional time for tasks or allow for breaks during activities that require sustained energy.

ATTENDANCE & TARDINESS

- Make-up Work Support:** Provide assistance for catching up on missed classwork, including modifying or substituting assignments as necessary.
- Flexible Attendance:** Do not penalize the student for tardiness or absences related to their health or mito management.

HOMEWORK & TEST MODIFICATIONS

- Reduced Workload:** On days when the student is unwell or fatigued, reduce the amount of classwork or homework required.
- FlexiblLimited Testing in a Day:** Avoid scheduling more than one test or exam per day unless the student chooses to do so based on their energy levels.
Stop-the-Clock Testing: Offer testing accommodations such as “stop-the-clock testing,” allowing the student to take breaks during exams without penalty. Extend the test duration by the time taken for breaks.



CLASSROOM ASSISTANCE

- Use of Educational Assistant:** Allow the student to use their educational assistant during tests or exams, if requested.
- FlexiblAudio/Writing/Processing Support:** Provide accommodations for audio, writing, and processing as needed to support their learning.

ACCESS TO NUTRITION & HYDRATION

- Food & Hydration:** Ensure the student has easy access to food and hydration throughout the day, particularly during periods of fatigue.

SEATING PREFERENCES

- Flexible Seating:** Offer the student the option of front-row seating or another location they prefer for easy access or focus.

MISSED CLASS TIME

- Catch-up Assistance:** Assist the student in catching up on any missed class time, including arranging for tutoring, modified assignments, or alternative learning activities.

OTHERS AS DISCUSSED WITH FAMILY AND STUDENT

