**Sample Accommodations for Anxiety Disorders**

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| **Difficulty Handling Stress and Emotions** | |
| Accommodation:   * Behavioral | Specific Accommodations/Comments:   * Positive behavioral supports   + Provide student with praise * Time-out/break area * Other   + Allow student to call counselor as needed |
| * Assistive Technology | * Other   + Stress management apps   + Stress balls and other fidgets |
| * TABE Testing | * Extended time * Frequent breaks |
| * Other Testing | * Extended time * Frequent breaks |
| * Instructional/Assignments | * Extended time for assignment completion * Increased wait time for responses * Movement breaks |

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| **Attendance Issues** | |
| Accommodation:   * Environmental | Specific Accommodations/Comments:   * Modified schedule   + Provide a part-time work schedule |
| * Assistive Technology | * Other   + Electronic calendar and organizational apps   + Phone reminders and alerts   + Alarm clock |

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| **Dealing with Change and Transition** | |
| Accommodation:   * Behavioral | Specific Accommodations/Comments:   * Feedback on progress   + Provide weekly check-ins on progress   + Maintain open lines of communication |
| * Assistive Technology | * Other   + Social Stories apps   + Watch/timer/alarm |
| * Communication | * Other   + Advanced notice and reminders of changes and transitions |

| **Working Effectively** | |
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| Accommodation:   * Instructional/Assignments | Specific Accommodations/Comments:   * Verification of understanding of instructions, rules, assignments * Peer mentor/buddy   + Staff or peer to model appropriate workplace behavior and completion of tasks |
| * Behavioral | * Rules/expectations in accessible format   + Written instructions |
| * Organizational | * Checklists   + Checklists outlining short term and long term projects |

***Reminder: Documentation of disability is required to support each accommodation provided. Accommodation Plans must be individualized to meet the specific needs of each student with a disability.***