**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.***