

# Tips for Navigating Accommodations

---

## General Office Information

Services for Students with Disabilities (SSD)

[ssd.umich.edu](http://ssd.umich.edu)

SSDoffice@umich.edu.

(734) 763-3000

## Process for Requesting Accommodations

1. Make sure to contact the appropriate medical professionals regarding important **documents** regarding your disability.
  - a. PLEASE KNOW that if you do not have proper documentation, you should still fill out the student application form and make a meeting regarding your requested accommodations.
  - b. Possible/Helpful documents may include: 504/IEP, note from medical professional on letterhead confirming diagnosis, evaluations, and proof that you have been granted accommodations on standardized testing in the past.
  - c. It is best to request these **ahead of time** so you get them back sooner rather than later. Letting your medical professional know about what accommodations you are requesting and how they relate to your condition is helpful.
2. Fill out the [student application form](#).
3. **Schedule** a Welcome Meeting.
  - a. You should get an email back within 5 days. If you do not get one, do not be discouraged. **Please email again** and check to see your form was submitted properly.
  - b. This meeting will occur **after** your orientation and scheduling.
4. During your welcome meeting, be prepared to **advocate for yourself**. Take some time to outline what important parts of your disability you want to discuss. **Practicing** vocalizing your needs with someone you are close to can be helpful. If you think you may benefit from someone advocating on your behalf with you, contact [Michigan Protection and Advocacy Service](#).

## Some tips from a student who received disability accommodations:

- Organize your paperwork and keep **copies** for future use.
- Be in contact with your advisor and **maintain a relationship** in case you ever need additional help.
- Knowing other people with accommodations can be helpful both emotionally and when it comes to navigating disability in college.
- You can apply for **housing accommodations** if you are living in University housing such as the dorms.

- **Do not be afraid to ask.** You are worthy of accommodations whether or not you fit the prototype of what being “disabled” looks like.
- Temporary accommodation can be granted in case of short-term illnesses or injury.
- Having accommodations in high school **does not** guarantee you college accommodations. You still must apply!
- Accommodations can include a wide variety of services. Some include a scribe, an AAC device, other assistive technology, extra time on testing, and sign language translators. In terms of housing, wheelchair accessibility, in-dorm bathrooms, and more can be accommodated.
- Use this link to apply for [housing accommodations](#).

### **For More Information**

Eisenberg Family Depression Center

734-936-4400 | [campusmindworks.org](http://campusmindworks.org)

© 2021 Regents of the University of Michigan