



TBI Tips



Returning to School

Overview

A concussion is a brain injury. A brain injury can change the way a student behaves, moves, thinks, and learns. After a concussion, returning to school can be challenging. Supporting your student proactively can make a big difference in the student's return to school. Every school should have a Brain Injury Management Team (BIMT) to provide informed and coordinated support services for students following brain injury.

Guide to Creating a Concussion Management Team:

A Concussion Management Team can create and implement plans to support a student with a concussion. Each organization will have different needs and different resources. Click [here](#) to read more.

Provide an Immediate, Temporary Accommodation Plan (ITAP).

Each student with a brain injury faces different challenges which means the accommodations that help them be more successful at school can vary widely. A student may need cognitive, emotional or physical accommodations as part of their ITAP. Here are several examples:

Cognitive Accommodation	Physical Accommodation	Emotional Accommodation
Provide class notes by teacher or peer. Allow use of computer, smart phone, or recorder. This allows the student to review verbally-presented material at home and can reduce the memory load.	Allow for strategic rest breaks. This can help with fatigue and other physical symptoms (e.g., headaches).	Keep the student engaged in extracurricular activities. This can improve self-confidence and promote positive social interactions.

Track School Performance

Most students who sustain a brain injury return to pre-injury functioning within 3–4 weeks. However, for some students, symptoms will linger beyond this time. When this happens, the school team should continue academic accommodations. If problems persist, and the student needs formalized support, the school team might want to consider special education or a 504 plan. For students with ongoing symptoms, check in...

- With parents regularly for their perspective on how the student is doing,
- With outside therapists and medical providers,
- With the all of the student's teachers often.
- Make sure the entire school staff knows about the brain injury and the students accommodations.