


SUPPORTING THE STUDENT WITH SICKLE CELL DISEASE (SCD)

Tip Sheet for the College- and Career-Bound Student

As you prepare to move toward a higher level of academic achievement and/or employment, keep these tips in mind:

- PROXIMITY TO A SCD TREATMENT CENTER:** Research the closest SCD treatment center to potential colleges or employers. You are encouraged to be within a one-hour drive to an SCD treatment center. It is important to receive treatment from a hospital that is prepared to manage your care throughout their system.
- LOCATION:** Conduct research on the location of a college or university and consider whether or not you want to attend a school in a rural area, suburb or a city.
- WEATHER:** Research typical weather patterns throughout the year at potential colleges or employers. Consider complications that might occur as a result of extreme changes (very hot or very cold) in temperature.
- ACCESS TO PUBLIC TRANSPORTATION:** Research the accessibility and quality of public transportation in and around the work site or college.
- POSSIBLE NEED FOR MORE INFORMATION:** Familiarize yourself with the shift in education law that happens when you graduate high school. Ask for help to better understand the shift from being covered under the Individuals with Disabilities Education Act (IDEA) or Section 504 of the Rehabilitation Act of 1973 to the Americans with Disabilities Act of 1990 (ADA).
- SEEK HELP WITH SPECIFIC ARRANGEMENTS AND RECORDS:** Have conversations with your healthcare providers about any SCD-related accommodations you may need to help you remain healthy, employed and an active member of your college or employment communities.

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- ❑ **MEDICAL SUMMARY:** Keep a comprehensive medical summary with medications, doctors' names and contact information, preferably on official healthcare provider letterhead, to support your needs, especially in an emergency. If your healthcare provider has an online portal, you are encouraged to use this to access your medical records.
 - ❑ **IF COLLEGE-BOUND, SEEK ADDITIONAL GUIDANCE:** Ask your guidance counselor to help you apply for accommodations through the college disability services center.
 - ❑ **IF CAREER-BOUND, MAKE CONNECTIONS:** If you are seeking employment, contact the employer's Human Resources office and/or your supervisor to identify steps to securing appropriate accommodations at the employment site and how to apply for Family and Medical Leave to protect your employment, if available. Discuss your needs with your direct supervisors to address concerns if you are unwell or need specific SCD-related treatments during work hours.