



# Individual Care Plan Following a Concussion

Name: \_\_\_\_\_  
MR#: \_\_\_\_\_

For most individuals, symptoms of a single concussion resolve within a few weeks and usually do not last for more than a few months. However, it may take longer to fully recover. Taking time to heal is very important. Doing too much too soon after a concussion can make things worse. Activities like sports and physical education should be avoided until a doctor says they are safe. Besides making current symptoms worse, these activities increase the risk of a second head injury. Having another concussion before fully recovering from the first one is dangerous.

## Returning to Cognitive Activities

Start with total rest from activities like texting, video games, computer time, reading, and homework. Slowly introduce these activities and gradually increase the time spent. Different tasks have different levels of mental demand. For example, texting, if familiar, could be low demand, but stress level on the brain increases when one spends a lot of time texting or when texts are exchanged rapidly. Action videogames have a high mental demand because of the speed of required responses, while playing solitaire is likely low cognitive demand. If any activity makes symptoms worse, then stop that activity.

Stage	Activity
1. Complete cognitive rest	No reading, TV, texting, schoolwork, video games, loud noise
2. Introduction of cognitive tasks -start when headache free x 24hours	Add 30 minutes at a time of the above tasks, no more than 2 hours total/day
3. Progress cognitive tasks	Total of 4 hours/day of above tasks
4. Half-day School	No homework No more than 1hr cognitive activity at home
5. Full Day School	No homework No more than 1hr cognitive activity at home
6. Resume Normal Cognitive Activity	Include homework and normal school activities

## Returning to School

If you are still having symptoms of concussion you may need extra help to perform school-related activities. As your symptoms decrease during recovery, the extra help or supports can be removed gradually. Make sure that you inform the teacher(s), school nurse, school psychologist or counselor, and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:

- Increased problems paying attention, concentrating, remembering or learning new information
- Longer time needed to complete tasks or assignments
- Greater irritability, less able to cope with stress
- Worsening symptoms (e.g., headache, tiredness) when doing schoolwork

**Until you have fully recovered, the following supports are recommended:**

- \_\_\_ No return to school.
- \_\_\_ Return to school with no supports
- \_\_\_ Return to school with the following supports (see page 3).
- \_\_\_ Shortened day. Recommend \_\_\_ hours per day.
- \_\_\_ Shortened classes (i.e. rest breaks during classes). Maximum class length: \_\_\_ minutes.



# Individual Care Plan Following Concussion: Academic Supports

## GENERAL RECOMMENDATIONS

- No school until specified, to be reviewed on \_\_\_\_\_
- Abbreviated daily class schedule (every other day, shortened day)
- Limit homework to \_\_\_\_\_ minutes per night
- \*\*\* ***We advocate not requiring the student to make up all missed work, but rather assess for mastery of subject matter.***
- No physical education classes (Including weight training, aerobics, yoga)
- Consider reducing make-up work
- No testing (e.g., midterms, finals, standardized) during recovery period, until student is cleared
- Allow rest breaks throughout the day when symptoms emerge
- No driving

## RECOMMENDATIONS FOR COGNITIVE ISSUES

- Provide extended time to complete assignments
- Provide shortened assignments or reduced workload
- Provide extended time to take tests in a quiet environment
- Provide a quiet environment to take tests
- Provide written instructions for homework
- Provide class notes or lecture summaries by teacher or peer
- Allow utilization of notes for test taking due to memory issues
- Allow calculators and written formulas for math
- No copying from the board or book
- No reading
- Limit reading: specify: \_\_\_\_\_
- No screen use (smartphones, tablets, computers)

## RECOMMENDATIONS FOR FATIGUE/PHYSICAL ISSUES

- Allow time to visit school nurse for treatment of headaches or other symptoms, if needed
- Allow rest breaks during the day, if needed
- Allow "hall passing time" before or after the crowds have cleared
- Allow student to wear sunglasses indoors to control for light sensitivity
- Allow earplugs or noise cancelling headphones to control for noise sensitivity
- Allow student to take lunch in quiet space to allow for rest and control for noise sensitivity
- If you experience a headache or other symptoms during school, go to the nurse's office or other designated location and lie down for the rest of the class period. Try to attend the next class. If the headache persists, go home.

## RECOMMENDATIONS FOR EMOTIONAL ISSUES

- Develop an emotional support plan for the student, this may include an adult with whom he/she can talk if feeling overwhelmed

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