

Learning About Disabilities

Concussions

Despite the common belief that concussions only result in short-term symptoms, concussions can carry a wide variety of serious long term effects and are considered a traumatic brain injury.

An estimated 1.6-3.8 million sports- and recreation-related concussions occur in the United States each year (CDC).

What is a concussion?

Concussions can be sustained in a number of ways but are most commonly the results of a serious blow to the head.

This type of injury may cause a loss of consciousness, but the majority do not. In fact, many individuals receive concussions and do not realize it.

Causes

Concussion are fairly common, especially in athletes, but can be sustained in a number of ways including falls, motor vehicle accidents, or anything causing a violent shaking of, or blow to the head.

Common Symptoms

- Headaches
- Nausea
- Vomiting
- Fatigue
- Balance problems
- Problems concentrating
- Mental "fogging"
- Irritability
- Trouble sleeping
- Sleeping more or less than usual
- Mood swings
- Sensitivity to sound and light
- Numbness or tingling

Possible Accommodations

- Extended time for exams and quizzes
- Reduced distraction testing environment
- Testing rooms with non-fluorescent lighting
- Flexible attendance
- Ability to record lecture
- Peer note taker

Other accommodations are determined on a case-by-case basis.

What To Do If You Sustain a Concussion

Individuals sustaining concussions should immediately contact Disability Resources.

Once Disability Resources receives the documentation confirming the concussion and symptoms and meets with the student to discuss their needs, their professors Disability Resources will be notified about the accommodations.



Campus Resources

University Health Services	216-368-2450	healthservice@case.edu
Disability Resources	216-368-5230	disability@case.edu
Undergraduate Studies	216-368-2928	ugstudies@case.edu
University Counseling Services	216-368-5872	counseling@case.edu