

Coping in College with Dysautonomia

Presented by:

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College Planning

- Tour your prospective university
 - Are you able to walk/manage the campus?
 - Is the campus housing manageable? Do you need a handicap accessible room?
- Meet with an admissions counselor/representative from the disability office
- Geographically, where can I manage the weather/conditions without becoming more symptomatic?

Before you leave for College

- Make an appointment with your specialist(s)
- Have your prescriptions filled WITH refills
- Ask for copies of your medical records incase you need them
- Ask for a referral for a specialist near your school
- Schedule a follow up appointment for an upcoming school break

Accommodations/ The Disability Office

- Good questions to ask the disability office:
 - Will you help me communicate my needs to my professors?
 - What paperwork do you need/need me to complete to be eligible for accommodations?
 - Have you ever accommodated another student with my illness/disability? What services were helpful to them?

Social Life/Dating

- New friends
 - Do I tell them about my illness?
 - What do I need from them for support?
 - Be able to explain your illness to allay any fears they may have
 - How did you explain things to your friends at home? What worked to help them understand?

Social Life/Dating, con't

- Dating
 - You deserve to meet someone and be happy!
 - There is no perfect time to tell someone you're dating about your illness – it's important that it feels right to you
 - Adapt your dates to your health
 - Don't make the relationship all about your illness

Safety Planning

- Names of medications and dosages
- Names of your doctors WITH phone numbers
- Trusted friend with all of this information
- Name of a hospital close to campus you can trust
- Does my insurance cover my needs?
- Does the college health center have a medical professional who understands/is knowledgeable about my illness?
- What are the health center's hours?

Self Care

- Integral part of remaining healthy is to take care of yourself!
- Pace yourself!
- Go to bed and wake at the same time every day
- Eat nutritious meals
- Meditate
- Consult a therapist if need be
- Make exercise part of your routine

Questions?

- Check out the Dysautonomia International Website – they have a wealth of information for you, your professors and university health center www.DysautonomiaInternational.org
- Please feel free to call or email me:
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