










Steps to Accessing Accommodations:

1. Contact your school's Student Wellness Centre/Accessibility Office to make an appointment and find out what documentation they need for new students. This process can take a couple of months, so set up an appointment as early as May or June. Find contact info for your school's accessibility office with [DHF's Transition Guide](#).
2. Make an appointment with your doctor for any required documentation (e.g. verification of type 1 diabetes). Some schools have forms to fill out and others only need a letter from your doctor. You may need to pay to have forms filled out or letters written, so check in advance. ([Download Sample Doctor Letter](#))
3. Submit the required information to your student wellness advisor/accessibility officer and set up an appointment with them to create a list of accommodations together.
4. Send your letter of approved accommodations to your professors, teachers and teaching assistants through your student portal or via email at the beginning of each semester. ([Download Sample Email](#))
5. Enjoy your classes while knowing you have supports in place to manage your T1D!

What you can ask for:

	Additional time for tests and/or exams and assignment extensions for diabetes related medical issues.
	Non-penalized breaks during classes, tests and/or exams to treat lows.
	Separate writing rooms for tests and/or exams.
	Food/drink is allowed during class and for tests/exams.
	Permission to leave classroom for medical reasons.
	Permission to have and use medically necessary supplies and tech during class, tests and/or exams.
	Guaranteed on-campus housing, including a private OR shared room, personal mini-fridge and room location priority (i.e. near exits, close to residence advisor, etc.).
	Priority course selection and time-specific exams.
	Access to audio-recorded and peer-provided lecture notes for missed classes to treat low/highs.