

MHE Accommodation Checklist for _____

Supports to consider for children with Multiple Hereditary Exostoses (MHE)

Physical Environment

- ☐ Preferential seating for comfort, accessibility, or mobility aid use
- ☐ Access to elevator or ramps between classes
- ☐ Modified classroom setup (extra space, alternative desk/chair)
- ☐ Extra time to transition between classes
- ☐ Option to stand, sit, and stretch to help managing pain and discomfort

Instructional Supports

- ☐ Extra time on written assignments or tests due to pain or reduced hand function
- ☐ Option to type instead of handwrite assignments (or vice versa depending)
- ☐ Breaks during class or testing to manage fatigue or discomfort
- ☐ Reduced homework or modified assignments during flare-ups or recovery

Participation and Activity Modifications

- ☐ Modified PE or alternative activities during physical education (like PT activities)
- ☐ Access to the nurse or rest area as needed
- ☐ Option to opt out of physically demanding field trips or activities
- ☐ Use of assistive technology (speech-to-text, keyboard, etc.)
- ☐ Adaptive tools (scissors, pencil grips/sizes), other _____

Attendance and Medical Needs

- ☐ Flexibility for medical appointments, surgeries, or recovery periods
- ☐ Clear plan for making up missed work

Social-Emotional Support

- ☐ School counselor check-ins for emotional well-being or coping with chronic pain
- ☐ Support for peer relationships if visible differences or limitations impact social dynamics
- ☐ Staff education on MHE to foster understanding and reduce stigma

Communication & Planning

- ☐ Regular family-school communication (email, meetings)
- ☐ 504 Plan or IEP team familiar with MHE-specific challenges
- ☐ Plan on file for pain crises or mobility issues

Other

- ☐ _____
- ☐ _____
- ☐ _____