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.

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.

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.

What To Do If You Sustain a Concussion

Individuals sustaining concussions should immediately contact Undergraduate Studies.

Once Undergraduate Dean receives documentation confirming the concussion, their professors and ESS Disability Resources will be notified to arrange the necessary accommodations.

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

Campus Resources

University Health Services 216-368-2450 healthservice@case.edu
ESS 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