

Returning to School: Process

Your entire therapy team can help you work on skills needed to support your successful return to school. In most cases, the Speech Therapist (ST) or Program Teacher will take the lead in helping you develop a plan for returning to school. This person may ask you to sign a consent form allowing them to speak with your high school or middle school to help you plan for returning. They will also work with you to help you decide when and how to most successfully return to school. The processes for returning to school are a little different for high school/middle school and college.

Students often report feeling more successful and having more time to adjust to changes in their learning when they return to school part-time at first. College students may choose to audit a course during their first semester back. High school and middle school students may have Hospital Homebound services for a period of time, in which a teacher comes to their home to work on school work before they are ready to go back into a classroom.

Families are the natural link between rehabilitation and school. Knowing the laws, advocating for the student's needs and helping the student feel emotionally ready to return to school are some of the ways families can support the student's successful return. Before going back to school, it may be helpful to talk about how the student will tell their teachers about any needs they have, and how they will react to questions from friends or other students about where they have been and what happened to them. Some students find it is helpful to visit the school before returning in order to practice skills needed (like bathroom transfers or using a walker), or to visit with friends during lunch.