

This is an example of an accommodation letter that your pain clinic may provide to your school. Talk to your pain clinic to request a letter describing your specific needs.

[Insert date]

Subject: [Name and date of birth]

Dear [school contact name],

[Name] is a patient followed by the [name of clinic/healthcare team] clinic at the [Hospital Name] for the treatment of [insert description of pain problem]. The pain and symptoms he/she experiences are present daily and fluctuate in intensity. [Name's] chronic pain affects all aspects of his/her life, including school attendance, physical activity, peer relationships, sleep and mood. [Name] also struggles with balance, especially on stairs, and has difficulty standing for prolonged periods of time due to pain.

In our pain management program we try to approach chronic pain disorders by helping children reduce the level of pain through medication, physical therapies, improving their sleep, being involved in school activities, learning cognitive behavioural pain coping strategies and limiting stress when possible.

Due to the prolonged nature of [Name's] pain and symptoms, his/her inability to predict when pain will occur and the impact this has had on his/her ability to attend and take part fully in school, we would appreciate any support you could provide.

At this time, we support the following:

- extra time for tests, exams and assignments
- time for breaks, as needed
- an opportunity to rest in quiet place in the school, separate from the classroom
- opportunity to receive support from guidance counsellor and support staff as needed, with regularly scheduled "check in" times
- keeping [Name's] cooling vest and ice packs near him/her at all times, as heat worsens his/her condition
- a comfortable seating arrangement.

Pain is an invisible condition. Adolescents often feel they do not wish to draw attention to themselves by talking about it. It is important to understand that chronic pain is a real and very challenging condition to treat. [Name] needs support and compassion to accomplish his/her goals.

We thank you in advance for your compassionate assistance with this matter. If you would like any more information, please do not hesitate to contact us in the chronic pain clinic.

Sincerely,

[Name and contact information]