



Tell Your School About Your Condition



your heart,
your
school and
how to
succeed

It may take some extra effort to balance the demands of school with your health. Knowing how to get the support you need will help you succeed in high school and beyond!

- Make sure you have the necessary educational supports in place before starting school. You may have an Individualized Education Plan or 504 plan that outlines what you need. This includes assistive technology, appropriate learning materials or alternate exam arrangements.
- Talk with someone at school about your heart condition: a teacher, counselor or school nurse. This will help your teachers understand how your health issues may affect your class work. Let your teachers know how they can help support you and your education.
- Create an emergency plan for what to do if you have a health problem at school. Give a copy of your plan to your school nurse. This will help make sure you get the care you need.
- Your school can offer ideas for what kind of supports would be helpful. Ask questions and be an advocate for yourself to receive the services you need.

Putting your health first will give you the best chance to succeed.

Don't be afraid to talk with your friends about your heart condition. They can provide support if they know what you need.

Only share what you feel comfortable sharing with people whom you trust.

Missing School: What To Do

- Tell your teachers ahead of time if you will miss school for office visits or surgeries. You may need to give your school a note from your doctor to verify your absence when you return. Get that note before you leave the office or hospital.
- If you are missing school due to an emergency, ask a member of your care circle (family member, friend or someone close to you) to contact your school.
- Ask for homework during your absence and work with your teacher to catch up on missed work when you return to school.

Resources

- ❑ Minneapolis Public Schools: Resources for Families
guidance.mpls.k12.mn.us
- ❑ Transition Plus
transplus.mpls.k12.mn.us
- ❑ PACER Center
pacer.org

Scholarships for College

There are many scholarship opportunities available for young people with congenital heart defects who are interested in going to college after high school. They include:

- ❑ chdcoalition.org/programs/scholarship
- ❑ chfn.org/smart-heart-scholarship
- ❑ collegescholarships.org/scholarships/medical-conditions.htm
- ❑ needymeds.org/scholarships.taf?_function=list_s
- ❑ myheart.net/scholarship/
- ❑ studentswithheart.org
- ❑ xxxchurch.com/heart-disease-awareness-scholarship



Beyond High School

There are resources available in college or vocational programs to help you with your learning and well-being on campus. Educational institutions are legally required to provide reasonable accommodations for qualified students.

Check the school website you are interested in to see what programs are available.

Call the institution's disabilities services office, if needed.

