



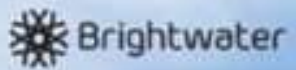
Creative Accommodations to Support Students with Neurodiversity, Mental Health Challenges and Disabilities

Betsy Furler

“

We rise to great heights by a winding staircase of small steps.

FRANCIS BACON





Introduction

Betsy Furler – CEO and Founder of For All Abilities

Passionate about people working to their strengths

Background – Speech Pathologist, Workplace and Media Disability
Consultant

**We all work better when we can use our strengths, feel valued
and are efficient and productive.**

Introduction

Studying at the university level can be overwhelming for a young person with mental health challenges, neurodiversity or disabilities. Accommodations, or supports, can level the playing field. This session will introduce you to some great ideas for accommodations and methods to figure out what accommodations are needed for each student.

We all work better when we can use our strengths, feel valued and are efficient and productive.

Data from the SNaPU Pilot

- 77% of students report a condition that could qualify for accommodations.
- 84% of students are easily distracted – 84% by conversations and 81% by other apps/software.
- 86% prefer to communicate with professors in person and 73% prefer to communicate via email.
- 39% report a significant life change in the last 12 months.

The Importance of Strengths, Needs and Preferences

- How did you choose your profession?
- Do you think about what you like to do?
- Do you think about how you like to work?
- What supports or accommodations do you need at work?
- **100% of people work, think and learn differently!**

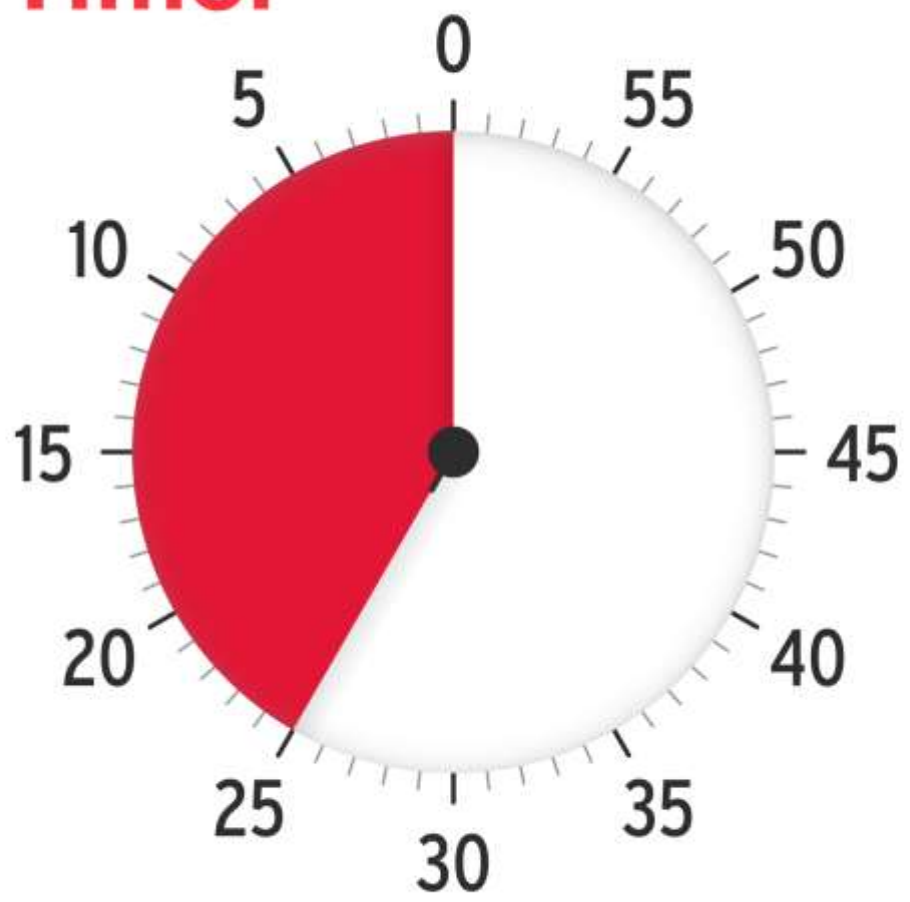
Match with Great Accommodations

- Think outside the box
- Time Timer
- Planned breaks - Pomodoro Technique – Focus To Do App
- OneNote
- Interactive whiteboard apps like Educreations or Explain Everything
- Notes and Reminders
- Inspiration Maps
- Calendars



Time Timer

25 MINUTE TIMER



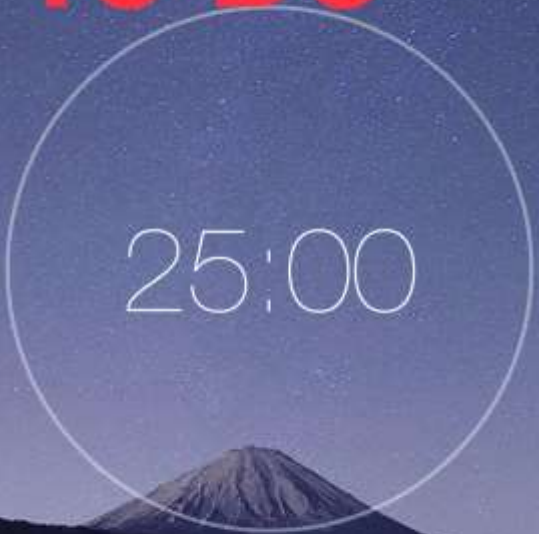
25 : 00



List

Please select a task...

Focus To Do



▶ Start to Focus

- Strict Mode
- Timer Mode
- Fullscreen
- White Noise

betsywfurler

Today

Tomorrow

This Week

Planned

Events

Completed

Tasks

+ Add Project



Settings

Focus To Do

Work Alarm

Timer >

Break Alarm

Timer >

White Noise

None >

Pomodoro Length

25 Minutes <

Short Break Length

5 Minutes <

Long Break Length

15 Minutes <

Long Break After

4 Pomodoros <

Auto Start Next Pomodoro



Auto Start Break



Disable Break



Appearance >

App Badge

Tasks for Today >



1h 15m 5

0m 0

0m 0

1h 15m 5

1h 15m 5



- Betsy Furler
- Recent Notes
- My Notebook @ foral...
- American History
- English
- More Notebooks

- Recent Notes
 - Subject American History » N...
 - 8/31/22 American History » N...
 - Syllabus English » Syllabus
 - Bibliography English » Paper 1
 - Notes for Paper English » Paper 1
 - Class Notes 9/1 English » Notes
 - Notes from Reading 8/31 English » Notes
 - Class Notes 8/30/22 English » Notes
 - Monday March 14, My Notebook @ foralabilities...

Subject

Wednesday, September 27, 2023 7:03 PM

OneNote

Type here




Educreations

Easily add text!

UNLOCK WITH PRO

- A
- Image icon
- Camera icon
- Document icon
- Globe icon
- Map icon

Dog



Explain Everything



You can type anything in this box.

Then add a voice over.



Add shapes, borders and clip art.



DOG





All iCloud

Search

Today

Example Note
6:38 PM To Do
Notes



[Redacted]
1:12 PM Kindergarten
Notes



ST Sessions
12:56 PM [Redacted]
Notes

[Redacted]
9:54 AM Referred from Jackie for IEE in H...
Notes

Yesterday

LifeVantage
Yesterday Value of leadership
Notes

Lifevantage Mito
Yesterday I have very few ren
Notes

3,208 Notes

Aa



Oliver!

Add Sticker



Add Text



Add Signature



Add Shape





Example Note

- To Do
- Review calendar
 - Study for biology
 - Art project
 - Buy groceries

Name	Email
Betsy Furler	Betsy@forallabilities.com

Notes





All Recordings

Edit

Oct 31, 2022

06:14

9721 Arboretum Blvd

Feb 24, 2022

06:12

Riverway Dr 3

Dec 24, 2021

06:24

Riverway Dr 2

Dec 24, 2021

03:07

Riverway Dr

Dec 24, 2021

00:00

Consortium Interview

Jun 23, 2021

30:41

New Recording 5

Sep 30, 2020

14:45

New Recording 4

Sep 29, 2020

14:28

New Recording 3

Sep 28, 2020

07:00

TEDx Talk 9282020

Sep 28, 2020

11:38

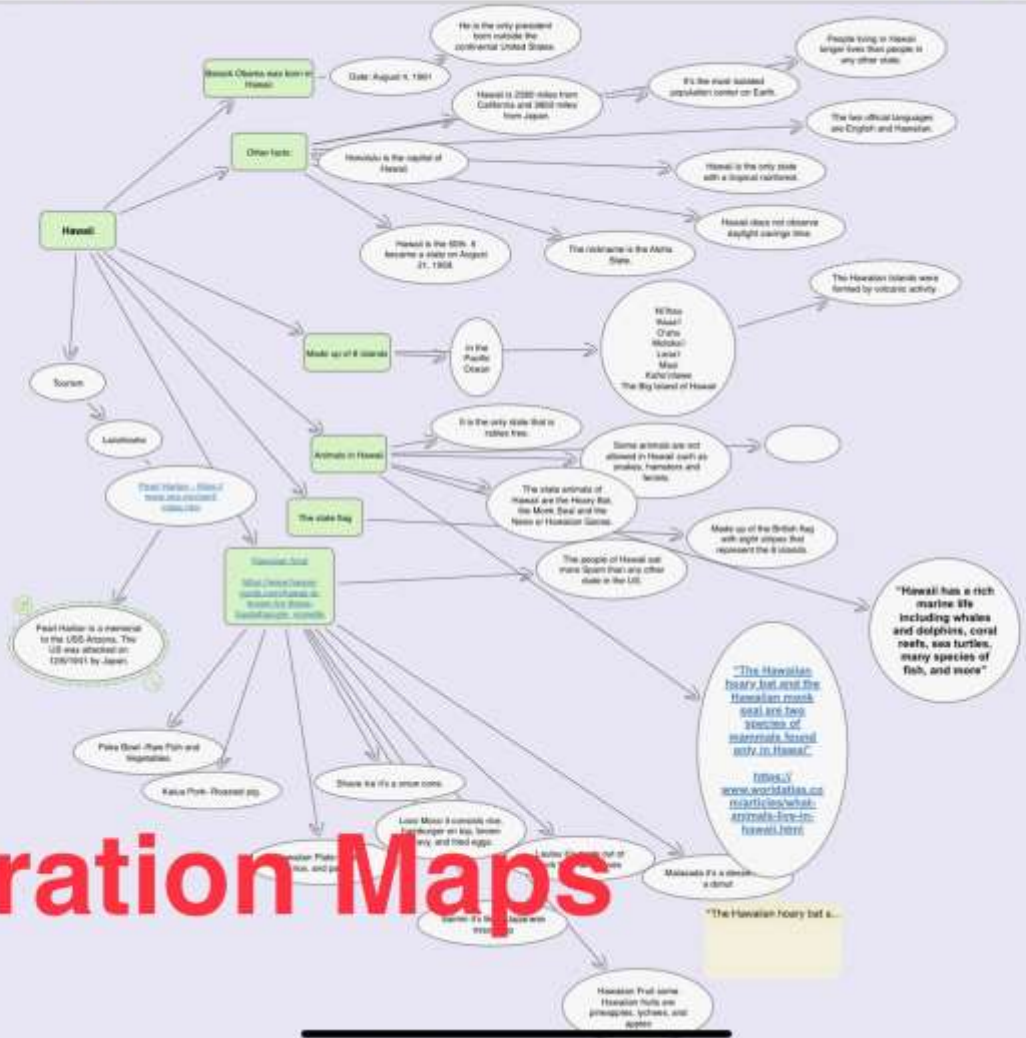
TEDx 9272020



Voice Memos

Tap the Record button to start a Voice Memo.





Inspiration Maps



▼ Hawaii

▼ I. Barack Obama was born in Hawaii

▼ A. Date: August 4, 1961

1. He is the only president born outside the continental United States.

▼ II. Other facts:

A. Honolulu is the capital of Hawaii

B. Hawaii is the 50th. It became a state on August 21, 1959.

C. The nickname is the Aloha State.

▼ D. Hawaii is 2390 miles from California and 3850 miles from Japan.

1. It's the most isolated population center on Earth.

E. Hawaii is the only state with a tropical rainforest.

F. Hawaii does not observe daylight savings time.

G. The two official languages are English and Hawaiian.

H. People living in Hawaii longer lives than people in any other state.

▼ III. Made up of 8 islands

- ▼ A. Ni'ihau
- Kaua'i
- O'ahu
- Moloka'i
- Lana'i
- Maui

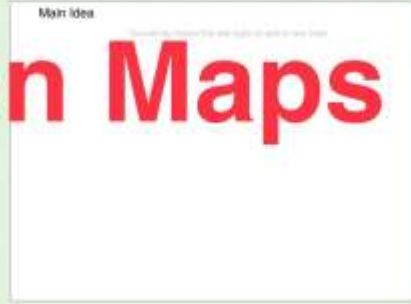
Inspiration Maps



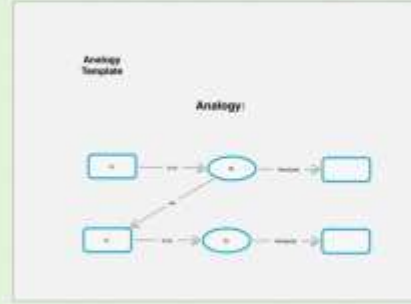
Inspiration Maps



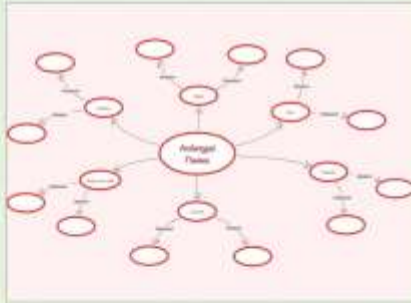
New Diagram (Blank)



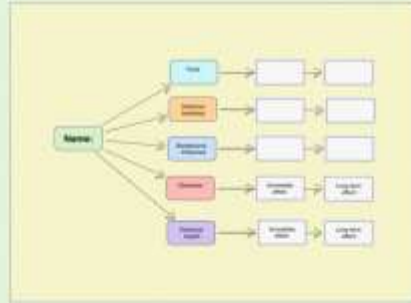
New Outline (Blank)



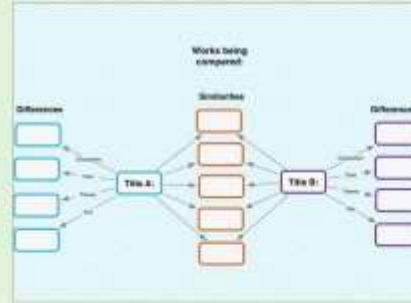
English - Analogy



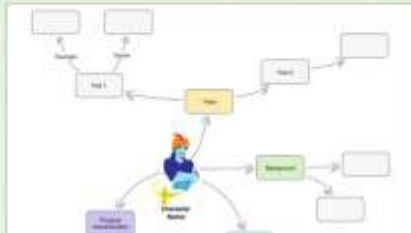
English - Archetypal Themes



English - Biography



English - Book...lm Comparison



- Essay Outline**
- **Essay Topic:**
 - I. Introduction
 - A. Attention Getter:
 - B. Relevant Background Information:
 - 1.
 - C. Thesis:
 - II. Body
 - A. Point #1 in support of thesis:



March 2024

Today

	Sun 24	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29	Sat 30
all-day	Stay at Hampton Inn... Palm Sunday Larry Wilner's Birth...	Holi			Jenny King's Birthd...	Good Friday Leigh Nelson Ganc...	
9 AM		Email Meals on Wheels Volunteer		[Redacted]			
10 AM		Sales review/lead followups 9AM (GMT-...)	Weekly planning...	Call w Betsy and Bonn...	Lashes Milan Nail & Spa 7039 FM 1464 Rd, Richmond, TX, 77407, United States	EEOC Meeting 50 Waugh Dr Houston, TX, United States	[Redacted]
11 AM					Call vet for bordetello	[Redacted]	
Noon			Rotary San Luis Hotel...	CAN-CELE...			
1 PM		[Redacted]		[Redacted]		Call [Redacted] mom	
2 PM		Suggested Location: Congr...	[Redacted]	Suggested Location: Congr...	Suggested Location: Congr...	For All Abilities Wells F...	
3 PM		Eliya meeting					
4 PM		Call Shannon and Marnie		Montie's house	[Redacted]		
5 PM		Mom			Zoom w Bonni		
6 PM			Haircut and Color		Call w Carolin LV		
7 PM					Call w Mary Elizabeth re LV	AC Night at Spurs	
8 PM		Potas Weekly LifeVant...					
9 PM					Call w Chrystal re LV		
10 PM							

Accommodations for Tim – ASD

- Permission to turn off his camera on Zoom when anxious
- Allow solo work if possible
- Use Microsoft OneNote to take notes, store papers and use calendar reminders
- Allow use of earbuds when needed
- Schedule periodic check ins for large projects
- Encourage him to meet with his professors on a regular basis to review work and explain any special circumstances

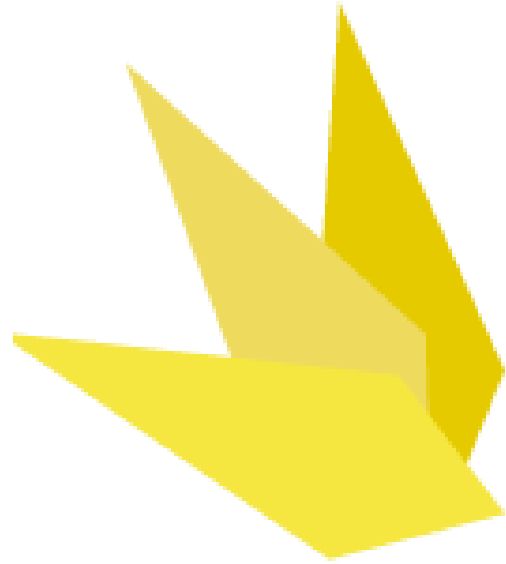
Accommodations for Kim – OCD and Anxiety

- Notes provided by the professor
- Strategic use of calendars and reminders
- Use of OneNote to organize paperwork and notes
- Use of Trello for organizing projects
- A designated quiet place that she can decompress in if needed
- The use of a timer for studying to stay on task



A Few Other Helpful Accommodations

- Lighting changes
- Set structured schedule for the entire day Strategic use of music while working
- IBreathe app
- First Then Visual Schedule or Visual Schedule Planner
- Communication systems
- Speech to Text apps
- Music
- Noise cancelling earbuds



**FOR ALL
ABILITIES**

Thanks!

Please keep in touch!

Betsy Furler

betsy@forallabilities.com