



Getting support at school

Navigating the educational system to support a child with ADHD can be overwhelming for parents, but understanding the process and resources available can make a significant difference. Ensuring your child receives the necessary accommodations requires effective communication with school officials and proper documentation. This guide will help you identify the key contacts within the school, understand the types of documentation needed, outline the steps to obtain accommodations, and highlight local resources in Riverside, California. By equipping yourself with this knowledge, you can better advocate for your child's educational success and well-being.



Key Contacts at School

1. Disability Specialist or Special Education Coordinator

- Reach out to the school to identify the right person to discuss your child's needs and start the process for support.

2. School Nurse

- Inform the nurse about your child's medications, dosing schedule, side effects, and anticipated behaviors.
- The nurse can help monitor the dose and gather feedback from teachers about the medication's impact on your child's behavior and performance.

3. Educational Staff

- Ensure that all staff who interact with your child, including gym teachers, art teachers, music teachers, and bus drivers, are aware of your child's needs and any accommodations they require.

Documentation You'll Need

1. Medical Diagnosis

- A formal ADHD diagnosis from a licensed healthcare provider is essential.

2. Medication Forms

- Your child's physician must complete forms with instructions for administering medication at school.

- Establish a backup plan if you forget to give your child their morning dose; often, the school nurse can provide it with permission.

3. Educational Evaluation

- Include any evaluations or assessments conducted by the school or external specialists.

4. Previous IEP/504 Plans

- If your child already has an Individualized Education Program (IEP) or a 504 plan, provide copies.

5. Teacher Reports

- Gather reports or observations from your child's current or past teachers.

6. Parental Observations

- Write a statement outlining your child's strengths and difficulties.

Understanding IEP and 504 Plans

IEP (Individualized Education Program)

- A legal document outlining your child's educational goals and special education services.
- Required by the Individuals with Disabilities Education Act (IDEA) for students eligible for special education.
- Developed and updated annually by a team including parents, teachers, and other relevant professionals.

504 Plan

- A document detailing accommodations and services for students with disabilities in a general education setting.
- Prohibits discrimination based on disability in federally funded programs.
- Designed for students who do not need special education services but require accommodations to participate fully in their education.

Difference Between IEP and 504 Plan

- An IEP provides more comprehensive support and services, focusing on special education, while a 504 plan provides accommodations in a general education setting.

Getting Accommodations:

The Process

1. Initial Contact

- Reach out to the school's disability specialist or special education coordinator to discuss your child's needs.

2. Gather Documentation

- Collect all necessary documentation, as listed above.

3. Request Evaluation

- Formally request an evaluation to determine your child's eligibility for an IEP or 504 plan.

4. Meeting

- Attend a meeting with the school team to discuss your child's needs and evaluation results.

5. Develop Plan

- If eligible, collaborate with the school to create an IEP or 504 plan outlining specific accommodations and services.

6. Implementation

- The school will implement the plan, and accommodations will be provided to your child.

7. Review and Revise

- Regularly review the plan's effectiveness and make necessary adjustments.

Local Resources in Riverside

- [Riverside Unified School District \(RUSD\) Special Education](#)
- [Riverside University Health System – Behavioral Health](#)
 - Provides mental health services, including support for ADHD
- [Rady Hospital Children's Services in Riverside County](#)
 - Comprehensive healthcare services for children.
- ADHD Support Groups in Riverside County
 - Join local support groups to connect with other parents and share experiences and resources.
 - List on [Psychology Today](#)

Helpful links

[Difference between IEP and 504](#)

[How to write an IEP](#) -The Autism Community in Action

[What to Tell the School About Your Child's Medical Needs](#)

[American Advocacy Group](#)

"advocacy services that benefit individuals diagnosed with developmental and physical disabilities and their families"

[Disability Rights Legal Center](#)

"Disability Rights Legal Center (DRLC) is a 501C-3 non-profit, public interest advocacy organization that champions the civil rights of people with disabilities as well as those affected by cancer and other serious illness."



i Embrace ADHD
inland Empire ADHD Support



I Embrace ADHD (ieADHD.org) aims to promote awareness and support for ADHD, with resources specifically for inland empire Riverside County and nearby communities in California.

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The information provided on this website is intended for informational purposes only and should not be construed as a substitute for professional medical or psychological advice. Always seek the advice of your qualified mental health provider with any questions you may have regarding a mental health condition. If you are experiencing a mental health crisis, please contact emergency services or your healthcare provider immediately.

If you need immediate emotional support, call or text 988 (Suicide & Crisis Lifeline), or dial 911 in an emergency.