

Take Charge Of Your Schedule

Treatment Time

- ❑ Block time and establish a set routine before you get to school. Be sure to allow time to sterilize and maintain your equipment.
- ❑ Take two weeks at the beginning of each semester to adjust your routine while you get used to a new class schedule and living arrangements.

Class Time

- ❑ Avoid scheduling class earlier than 11 AM. Your school's office of disability services can help with schedules.
- ❑ Consider a lighter class load. Give yourself permission to drop a class mid-semester, if needed.
- ❑ Taking a medical semester is an option. If you find yourself sick, remember this to alleviate the additional stress of completing your semester.

Establish A Strong Support Network

Care Team

- ❑ Identify and meet your college CF Care Team in advance.
- ❑ Sign a disclosure agreement allowing your home CF Care Team to communicate with your college CF Care Team.
- ❑ Give your parents permission to communicate with the college CF Care Team as well.

College Team

- ❑ Take advantage of school resources. Contact your school's office of disability services ASAP for accommodations/benefits such as:
 - Housing: Roommate requests, single room, private bathroom, larger dorm room to accommodate equipment (with or without a roommate), mini-fridge for medicines.

- Handicap sticker: To park closer to classrooms in the winter and closer to clinic and the hospital, if needed.
- ❑ Disclosure: Disclose your disability designation/CF to your dean and consider disclosing to your Resident Assistant (RA) and professors.

Social Network

- ❑ Go to school with a friend...and consider being roommates.
- ❑ Trust your new friends, too: Disclose your CF to new friends to build your local support.
- ❑ Don't hide your treatments from friends: If they know what you're juggling, they can help you stay adherent.
- ❑ Parents: Think through types of communication between your parents and your friends you are comfortable with.

Take Good Care Of Yourself

- ❑ Eat. Embrace the "freshman 15." Putting weight on keeps you healthier.
- ❑ Stay hydrated. Hydrate yourself before you go to bed. Always. Have plenty of water or sports drinks in the room.
- ❑ Exercise. Don't forget to exercise in college. Join an intramural team, club, or just hit the gym.

Environment

- ❑ Avoid smokers.
- ❑ Keep it clean. Remember all the aspects of germ-free living you are in charge of now.
- ❑ See Dorm Room 101: What To Bring.

Treatments First

- ❑ Never let yourself go out before finishing your treatments.



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