1. **Facts & Figures**

- A motor disability is a restriction in neuro-musculoskeletal functions and/or movement related functions.
  - A restriction of joints and bones can lead to **reduced mobility** of joints and/or **stability problems**.
  - A restriction of muscular functions can lead to symptoms of **reduced muscular tonus, strength or endurance**.
- Some motor disabilities are **visible** (someone in a wheelchair) but they can be less visible or **not visible at all** (e.g. restrictions in joints). The restrictions are **not always continuously** present. In specific cases the restrictions are associated with **pain**. There is almost always a **reduced load limit**.
- The **symptoms and the impact** of the motor disabilities are very **divers**. The restrictions can be temporary or permanent. The patterns of complaints can be degenerative or variable. Students with a motor disability, experience problems with:
  - **Accessibility** of the campus, the lecture rooms, the internship locations, and facilities.
  - **Independent transportation** to and from campus/dorms/internship location.
  - **Sitting still, standing or moving** for a long period of time due to pain or reduced mobility.
  - **Fine motor skills** and the manipulation of instruments.
Besides the condition specific symptoms, other associated problems are reported such as:

- Problems with frequent absences during classes, practical lessons, internships due to fatigue, illness and (para)medical follow-up and treatment. Deadlines are not always met.
- Problems with taking readable and complete notes due to fatigue and concentration difficulties, motor disabilities or absence from classes.
- Lower study rate due to fatigue and problems with concentration.
- Problems with time management and planning due to (para)medical care, fatigue and concentration problems.
- Problems with self-reliance and the need for an adjusted environment.
- Symptoms of stress, fatigue and overload can be present. These symptoms are related to the disability itself or the extra burden the disability causes.
- There can be reduced social contact due to frequent absences and fatigue.

2. Focus points, Tips and Tricks

- Attending classes

  Focus points
  - Taking readable, complete and well-structured notes is difficult
  - Due to frequent absences it can be hard to follow classes.
  - Medical procedures are sometimes required during classes.
  - Independent transportation to and from campus and lecture rooms can be difficult.

  Tips and tricks
  - PowerPoint presentations with adequate structure, delivered before classes, enhances the process of taking structured and complete notes.
  - Using a laptop can contribute to taking readable and complete notes, which facilitates information processing.
☐ Using a writing assistant or taking copies of notes of fellow students can have substantial added value.

☐ Lecture recordings that are made available online after classes, offer the opportunity to review difficult passages and complete notes.

☐ Choosing a location within the classroom can help make the class as comfortable as possible.

☐ Fellow students that help manipulate specific materials (e.g. taking the laptop out of the bag), are a valuable contribution.

☐ At times the use of technological tools is necessary. Delivering course material digitally is helpful.

☐ The possibility to ask lecturers additional questions, can help eliminate confusion or ambiguities due to absence of classes.

☐ It is advisable to put a space or room at the disposal of the student were medical procedures can be performed and were it is possible to rest. Leaving class early should be allowed.

☐ During classes the follow-up of medical prescriptions should be allowed e.g. drinking, taking medication, standing up, ....

☐ Support in mobility issues is sometimes needed e.g. transport to and from campus/lecture rooms. The use of an elevator or having a parking place at campus can be supportive.

☐ Planning and organizing study-related activities

Focus points

☐ Due to absence certain information is missed leading to a lack of overview on all study activities.

☐ Due to unforeseen inactivity, exhaustion, and difficulties with concentration deviations from the study plan are necessary leading to problems with time management.

Tips and tricks

☐ Providing an overview of all assignments and tasks helps to create an overview and make up an efficient study plan.
Study coaching can be useful to help make up a realistic plan and help determine which tasks are proprietary, how much time can be spent on specific tasks, ...

Processing and rehearsing study materials

Focus points
- Due to difficulties with concentration, applying structure, and problem solving, the processing and studying of course materials is hampered.

Tips and tricks
- Offering study coaching to help make up a realistic planning enhances the processing of course materials.
- An individual trajectory with a reduced study load is sometimes appropriate.
- It can be helpful to postpone deadlines.

Assignments

Focus points
- It is difficult to finish tasks with the required precision or at a sufficiently high speed.
- The manipulation of materials during practice lessons, lab’s or giving a presentation can be difficult.
- Frequent absences can hinder the termination of assignments within the provided time.
- Active participation in group assignments can be difficult due to frequent absences.

Tips and tricks
- Changing deadlines can be advisable in specific situations.
- Large assignments such as bachelor- or master theses can be split up in partial assignments where progress is monitored.
- For group assignments additional agreements on the division of work load by the lecturer are necessary.
Using assistive tools can be supportive.

If this is not in contradiction with the learning goals, small deviations with regard to the required precision should be allowed. An alternative assignment can be considered if necessary.

Certain materials can be useful such as graph paper, a calculator, a drafting compass, a ruler, scrap paper, ...

Besides elaborating on the assignment in class, the instructions are also best given in writing.

Working in group can help compensate for the slow or less precise motor execution.

Exams

Focus points

- Writing readable and fast can be challenging. It can be difficult to deliver an answer with the necessary structure.
- Fatigue and concentration difficulties can hamper the successful termination of an exam.
- During exams the follow-up of medical prescriptions is sometimes necessary e.g. drinking, taking medication, standing up, ...
- Due to absence exams cannot be taken at the provided time.

Tips and tricks

- Taking exams in a separate room where medical prescription can be followed are advisable. A more quiet room is also advisable in case of concentration difficulties.
- The use of technological tools or a laptop during an exam, can be supportive. The provision of an accessible exam format with sufficient room to formulate an answer can make a great difference.
- In some cases a writing assistant can be used to take down the answers.
- Extra time for the preparation of an oral exam or written exam can help compensate for the concentration difficulties.
- Providing the opportunity for an alternative exam form can be supportive.
☐ An exam that is divided in two parts, makes it possible to rest in between.

☐ An optimal spread of exams within an exam period can compensate for the overload and slower processing speed.

☐ Internships

Focus points

☐ Transportation to and from the internship location can be challenging.

☐ Due to medical follow-ups, exhaustion, or illness, frequent absences can hinder the internship.

☐ During the internship medical procedures are sometimes necessary e.g. drinking or eating, taking medication, standing up or moving, ...

☐ It is difficult to finish tasks with the necessary precision or with sufficient speed.

☐ There can be difficulties in manipulating the materials in a safe way.

Tips and tricks

☐ A prospection at the internship location with regard to accessibility can be useful.

☐ An accessible internship location can remedy mobility issues and reduce exhaustion.

☐ Providing a quiet room at the facility where the student can retreat and perform the necessary medical procedures is advisable.

☐ Specific assistive tools can be supportive

☐ Deviations in precision can be allowed provided this is not in contradiction with the learning goals. Alternative assignments can be considered.

☐ Large assignments are best split up in partial assignments where progress is monitored and intermediate feedback is given.

☐ It is useful to monitor the progress at a regular base and provide clear feedback. Working points that are formulated very concretely create learning opportunities.
Spreading an internship over a longer period of time can be useful.

**Student life**

**Focus points**

- Participation in student activities and the associated social contacts with peers can be challenging.
- Living independently and being self-reliant can be challenging.
- Finding a new balance between attending classes, medical procedures, living in dorms (grocery shopping, cooking, studying, ...) and creating a new network can take time.
- These challenges can have an impact on the general well-being. Stress, anxiety and loneliness can occur.

**Tips and tricks**

- Support in finding an accessible dorm with adequate space for the supportive equipment can make a great difference. Adjusted housing can be necessary. When a guide dog is used, this needs to be taken into account when choosing a dorm.
- Support can be provided in ADL-activities through projects such as framed living. Additionally, support in the development of structure, new routines and the organization of the paramedical support system (physiotherapy, nursing, ...) is important.
- Mentoring or buddy programs (where students are assigned a mentor) can play an effective supporting role.
- A fixed contact person in the study program can help monitor the load limit and help look for solutions in case of difficulties.
- Staff members of student facilities provide for coaching in case of psycho-social problems.