Topics to Discuss for Transitioning to OSU for Students with Disabilities:
A Guide for First-Year Students and Parents/Family

Prior to fall term (during the summer), these are things to consider regarding disability-related needs both on campus and in the community:

**Health Care**
- What healthcare providers accept my insurance plan if I need to use health services off-campus?
- Medication management:
  - Once on campus, where do I get my prescription refills/transfers? Students will need to connect with local (in town) pharmacies for prescription refills or prescription fills.
  - How do I keep my medication safe in the residence hall?
  - Where do I find SHARPS containers in the residence hall?
  - Do I have pertinent medical information stored in an easy-to-access place if needed in an emergency (e.g., notebook, apps on smartphone, etc.)?
- Mental health:
  - If I need mental health services beyond what is available on campus, how will I set that up?
  - Do I need to set up a transition plan with my mental health provider prior to coming to campus?

**Transportation**
- Is there accessible transportation on- and off-campus?
  - On campus:
    - **Beaver Bus**
    - **SafeRide**
  - Off campus:
    - **Corvallis Transit System (CTS)**
    - **Corvallis ADA Paratransit (Benton Area Transit Lift)**
    - **Benton County Dial-a-bus**
  - Parking:
    - Where do I go to get an ADA parking placard?
      - **DMV Disability Plates and Placards in Oregon**
    - How do I park on campus with an ADA parking placard?
      - **Oregon State ADA Parking**

**Communication/Learning Technologies**

*Students are expected to be familiar with computers (Microsoft Office 365), the internet and email along with their own personal accessible technology equipment.*
- I use a communication device and/or application (e.g., communication boards, iPads, tablets, smart phones, etc.) to communicate with people who are not familiar with my speech. How will I make sure I’m ready to use those tools in class/lab?
I use tools such as Speech-to-Text to assist me with my homework. How can I make sure I am proficient in the use of these tools before I get to school? (check with the Commission for the Blind, Vocational Rehabilitation; student should know how to use these prior to coming to OSU)

I know how to use my personal accessible technology; how do I make it work with OSU technology (Canvas, ALEKS, Microsoft Office 365, etc.)?

**Self-Care/Life Skills**

- **Self-determination/Independence**
  - How will I talk about my disability, the impacts in an academic setting, and/or accommodations that I need?
  - How will I wake myself up in the morning?
  - How will I remember to take my medication?
  - If I experience a significant physical or mental health flare-up consistently during the term, what is my plan? Who do I connect with? What are my resources?
  - Do I know how to safely navigate my OSU Campus?
    - We encourage all students to sign up for the OSU Alert Portal.
    - DAMSafe

- **Fostering my own Academic Success**
  - How will I meet deadlines?
  - How will I remember homework assignments, due dates, etc.?
  - How will I take notes and organize information for studying?
  - How will I talk to faculty?
  - How will I work with groups in class?

- **Dining/Nutrition**
  - I have severe allergies/special diet needs. What are my resources?
    - UHDS – Managing Food Allergy and Special Dietary Considerations
    - Student Health Services - Nutrition
    - Cascadia Market

- **Self-regulation:** **All students are responsible for monitoring and maintaining their behavior in the academic and housing environments at OSU.**
  - What strategies will I use to maintain appropriate behavior in class/lab and working with offices on campus?
  - What strategies will I use to maintain appropriate behavior when interacting with my roommate/suitemates, other students on my floor, and my RA/DA?

- **Personal Care Attendants – PCAs (in-home assistance in activities of daily living)**
  - I am responsible for finding and paying for a PCA. What are my resources?
    - Aging and Disability Resource Connection (ADRC)

- **Medical and durable equipment (e.g., wheelchairs, scooters, etc.)**
  - Where do I go if my wheelchair needs repair?

- **Service dogs and Assistance Animals (Emotional Support Animals) --**
  - Where can I find local veterinary services once I am on campus?
  - Do I know where to find local grooming services?
  - Do I have the appropriate size crate for my animal?
  - Have I crate trained my animal?
Have I read the OSU policy for Service and Assistance Animals? (https://accessibility.oregonstate.edu/serviceanimalpolicy)

RESOURCES:
Medical and mobility equipment:
- Mobility Access Options NW, Salem: (971) 304-7464
- All-Med, Eugene: (541) 485-3411
- NuMotion, Salem/Springfield: (503) 385-4954 / (541) 686-9706
- Norco, Salem/Eugene: (503) 378-1756 / (541) 343-0304
- Pacific Medical Supply, Salem: (503) 585-2027
- Samaritan Medical Supply, Corvallis

OTHER:
- Vocational Rehabilitation Office
- Oregon Commission for the Blind (OCB)