



Education Supports

Students with Long COVID may need supports, services and accommodations to succeed in school. They also are protected against discrimination by federal law. Some of the resources in this section may also support individuals, their families and caregivers who are experiencing the longer-term impacts of the COVID-19 pandemic, such as mental health and substance use challenges, and bereavement. This section covers four topics

- The Americans with Disabilities Act
- Section 504 of the Rehabilitation Act
- Special Education under the Individuals with Disabilities Education Act
- Higher Education.

Laws Related to Students with Disabilities, including Long COVID

Long COVID can be a disability under the Americans with Disabilities Act, Section 504 of the Rehabilitation Act of 1973, and Individuals with Disabilities Education Act (IDEA). These laws collectively require covered entities to provide services, supports and accommodations to students with disabilities. You may want to review the **Know Your Rights** section for more information.

In addition to the resources in that section, there are other resources that specifically help students with disabilities, including Long COVID.

- Department of Education’s Office for Civil Rights and Office of Special Education and Rehabilitative Services “[Long COVID under Section 504 and the IDEA: A Resource to Support Children, Students, Educators, Schools, Service Providers, and Families](#)”
- The Department of Education’s Office for Civil Rights enforces civil rights laws on behalf of students, including students with disabilities.
- If you believe your student has faced discrimination at school, including on the basis of disability, you can file a complaint with the Department of Education’s OCR [How to File a Discrimination Complaint with the Office for Civil Rights \(ed.gov\)](#), or the Department of Justice’s Civil Rights Division and [Contact the Civil Rights Division | Department of Justice](#).

Not Sure Where to Start?

Q. Do you need more information about education supports for someone, age birth to 26 years, with Long COVID?

A. Find your Parent Center by visiting [Find Your Center | ParentCenterHub.org](#)

Q. Do you need an advocate or attorney to assist with accessing services, supports or accommodations?

A. Connect with a Protection & Advocacy System by visiting [Member Agencies | NDRN](#)



Section 504 of the Rehabilitation Act of 1973

Section 504 prohibits discrimination based on disability in any program or activity operated by recipients of federal funds. Section 504 requires programs to provide students with disabilities ages 3 to 22 years equal access to the program, including by making reasonable accommodations and modifications.

- Find out more and learn how to file a complaint, visit [Office for Civil Rights | U.S. Department of Education \(ed.gov\)](#) and [Civil Division | U.S. Department of Justice \(ada.gov\)](#)

The Americans with Disabilities Act

The Americans with Disabilities Act (ADA) is a federal civil rights law that prohibits discrimination against people with disabilities in everyday activities. The ADA applies to public schools and certain private schools.

- Find out more and learn how to file a complaint, visit [Office for Civil Rights | U.S. Department of Education \(ed.gov\)](#) and [Civil Division | U.S. Department of Justice \(ada.gov\)](#)

Special Education Services under the Individuals with Disabilities Education Act

The Individuals with Disabilities Education Act (IDEA) is a federal civil rights law that makes available a free appropriate public education (FAPE) to eligible children with disabilities from ages birth to 21 years throughout the nation and ensures special education and related services to those children. Parents and caregivers who suspect their child may need special education services should contact their local public school and request an evaluation to determine eligibility.

- Find more information about IDEA, visit the [IDEA website | U.S. Department of Education \(sites.ed.gov/idea\)](#)

Parent Training and Information Centers

Parent Training and Information Centers (PTI) work with families of infants, toddlers, children, and youth with disabilities, including those experiencing Long COVID, from ages birth to 26 years. PTIs help parents participate effectively in their children's education and development and partner with professionals and policy makers to improve outcomes for all children with disabilities.

- Find your Parent Center listed alphabetically by state or U.S. Territory, visit [Find Your Center | ParentCenterHub.org](#)



Branch—Military Families Technical Assistance Center

The Branch—Military Families Technical Assistance Center provides resources for military families of children and youth with disabilities, as well as young adults between ages 18 to 26 years who have a disability and who grew up in a military family.

- Learn more about the Branch program, visit [Home - Military Parent Technical Assistance Center \(branchta.org\)](https://branchta.org)

Charting the Lifecourse™ & Charting the LifeCourse Nexus

Charting the Lifecourse™ helps students with disabilities, including those experiencing Long COVID, families, caregivers, and those who support them organize their ideas, vision, and goals, as well as problem-solve, navigate, and advocate for supports, including primary medical care, behavioral health care (mental health and substance use challenges), health education, case management, and nutrition education. The LifeCourse Nexus provides workshops and technical assistance to shape and support innovation in policy, practice, procedure, and culture, including around school-based supports for children with Long COVID.

- Learn more about LifeCourse, visit [LifeCourse Nexus – Exchange Knowledge | Build Capacity | Engage Collaboratively \(lifecoursetools.com\)](https://lifecoursetools.com)

4-H

Funded by the Department of Agriculture, 4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Individuals with Long COVID may benefit from these programs. 4-H programs and resources are available at home or through local in-person and virtual 4-H clubs, 4-H camps, in-school and after-school programs. With the support of adult mentors, youth select from a menu of hands-on project ideas to complete. 4-H programs are available for kids and teens ages 8 to 18 years. 4-H Cloverbud programs are available for children ages five to seven years.

- Find your local 4-H program, visit [Find Your Local 4-H | 4-H](https://4-h.org)

Higher Education

Colleges and universities are required by Section 504 and the ADA to provide students with disabilities with appropriate academic adjustments and auxiliary aids and services that are necessary to afford an individual with a disability an equal opportunity to participate in the school's program. An example of an academic adjustment is extra time to take a test. Examples of auxiliary aids include note takers, interpreters, readers, and specialized computer equipment.



The National Center for College Students with Disabilities

The National Center for College Students with Disabilities (NCCSD) is the only federally-funded national center in the United States for college and graduate students with any type of disability, chronic health condition, or mental or emotional disabilities. College students experiencing Long COVID can access a variety of resources using the NCCSD Clearinghouse.

- Learn more about NCCSD, visit [National Center for College Students with Disabilities Clearinghouse \(nccsdclearinghouse.org\)](https://nccsdclearinghouse.org)

Visit the full [Services and Supports for Longer-Term Impacts of COVID-19 Report](#).