This unofficial guide to resources and information for students with disabilities was produced for you by Stanford Power2Act, a student run advocacy organization for students with disabilities on campus. It is a guide for anyone with any type or kind of disability. It is a collection of things you should know when living with disabilities at Stanford, and lists some important resources. It is a constantly evolving and collaborative effort by members of Power2Act and related services on Campus.

This guide is intended to introduce students with disabilities to the kinds of things they need to think about to be successful while here at Stanford, and offers some solutions. More in depth descriptions, answers, and concepts are addressed on the Power2Act website which can be found at: http://stanford.edu/group/power2act/.

To connect with students who identify as disabled, reach out to Power2Act. You can join their email list by emailing power2act@lists.stanford.edu. Please email the current president for any updates or contributions to this unofficial guide.
Accommodations

Academics:
If you have academic accommodations, communicating with professors is vital to a successful quarter. Before the start of class, or within the first week, you should consider sending your OAE letter to your professors. If you are shopping the class, send it anyway. Do not wait for issues to pop up, be proactive about your accommodations. You may receive some pushback but remember that you are legally entitled to these things.

Office Hours are a fantastic resource for you.

You will have to consider accessibility if groups want to study in dorms. However, there are many public study spaces that are accessible, quiet, and conducive to group study.

Classrooms:
The more modern buildings are usually more accessible. They usually have elevators, wheelchair seating areas, sound dampening on the walls, lighting abilities, and other stuff like that. Unfortunately, some of the older buildings are pretty much inaccessible. **Bonus, it is your fault if you cannot attend a class, section, or other program because that building does not have the necessary accommodations.** As a disabled person, you are expected to email or call ahead and ensure that you will be in an accessible room. We recommend visiting your classrooms a few days before the classes actually start in order to figure out where the best entrance is for you, whether or not you will need different accommodations, how long it will take to get there, etc.

See the in-depth guide on Power2Act’s website ([http://stanford.edu/group/power2act/](http://stanford.edu/group/power2act/)) for a discussion about the different class types, what to expect from them, and how to ask for your accommodations.
Dorms:
The Medical Draw is for those students who need Medical accommodations in their living space. For example, if you need access to an ADA compliant shower, or if you are a wheelchair user and need a room that accommodates that, or need a single, or need a room with a sink, etc. The Medical Draw is complicated, so we have a few pieces of advice for you:

1. Talk to those who have been through it before. Ask them for help. This includes your OAE advisor, upperclassmen friends, Power2Act advising hours, or OAE office hours.
2. Be painfully specific when describing your accommodations. This does not mean you will get what you need, but if you don’t then you can go back to the OAE and tell them you need to be moved because the accommodations you described were not met.
3. Only rank dorms on the normal draw that actually have the accommodations you are requesting. This means you may need to tour every dorm on campus. DO IT. If you rank a dorm that does not have your accommodations, OAE and Housing might put you in that dorm. Their logic is that you know as a disabled person what you need, and wouldn’t ask for something that was not what you needed. It is ok to only rank a few dorms.
4. Ask for what you need! If what you have been assigned does not meet your needs, CONTACT OAE AND TELL THEM WHY. You do not have to settle for a situation that is difficult, and you do not have to make do with something that is doable but difficult. Remember you will be living in this dorm for a year, and you want to feel comfortable. You don’t want to dread taking a shower every day because the shower doesn’t quite work with your disability.
5. If drawing with a group, make sure that your friends understand they are drawing with you because you are friends, not because they think that they can get their top choice in housing. That is not how the Med Draw works. The group is guaranteed only to get housing that meets YOUR accommodations. Do not let people use you because they think they can get better housing, and do not draw with people that will snub you if they don’t get what they want.

Summer Storage:
Some companies allow you to pack boxes, they then pick up the boxes, store them for the summer, and return them to your new dorm room at the start of the next year. There are several storage facilities near campus, you will need to pack your own stuff and transport it to and from the facility. Mobile storage sheds are another option. The company drops a giant wooden shed near your dorm, you pack it up, and it is taken away for the summer and brought back to your new dorm at the start of the school year for you to unpack on your own.

See Power2Act’s website http://stanford.edu/group/power2act/ for more detailed information about housing types, how to handle all the aspects of the draw, and how to stay sane amidst all the housing mess.
Navigation

Stanford is a large campus. You will probably get lost a few times. Luckily there is a searchable map: [https://campus-map.stanford.edu/](https://campus-map.stanford.edu/). This will point you to the correct building, though the map does not contain accessibility information. It may take some time to find the accessible route. Often visiting the classroom a few days before classes actually start is a good way to get an idea of how long it takes to get there, where the most direct accessible route is, and what kind of accommodations you may need to request in the room, whether it be a different room, a seat near the front or the back, a microphone, etc.

Stanford Access will provide golf cart transportation to students with disabilities during business day hours (Monday to Friday 8:15-5:10). Reservations must be made at this link by 3pm the day before. [https://transportation.stanford.edu/maps-resources-and-access/disgo](https://transportation.stanford.edu/maps-resources-and-access/disgo). This is useful for getting to class or meetings during the day, but not so helpful when there are weekend events, classes after hours, or social engagements.

There is also public transport around Stanford Campus—the Marguerite. All buses are accessible, and more information about accessibility can be found here: [https://transportation.stanford.edu/parking/about-parking-permits/persons-disabilities](https://transportation.stanford.edu/parking/about-parking-permits/persons-disabilities). Schedules and maps can be found here: [https://transportation.stanford.edu/marguerite](https://transportation.stanford.edu/marguerite).
Campus Life

Events:
Many events are school sponsored, and therefore accessible. They may still be loud, crowded, in a field, or require you to confirm ahead of time that the event is accessible. There are also non-school sponsored events like Frat parties, Sorority events, team parties, etc. These events can be tons of fun but aren’t always accessible, and frequently don’t have an administrator over them that is required to provide you with an accommodation. If you still want to go, these parties often have music and people outside the house, or talking with the organizer may prompt them to provide an accommodation on their own.

Student Organizations:
Stanford has a club for almost anything you can think of. Search https://admission.stanford.edu/student/organizations/ for students organizations, attend activity fairs, and talk to friends about clubs and organizations. Additionally, you should consider joining a club or being involved in an organization that is focused around disability. Power2Act (the group that brought you this wonderful guide) is a student advocacy group for students with disabilities on Stanford Campus.

There are many more student groups devoted to students with disabilities, their concerns, and their allies. If you don’t find a club that you feel is what you need or what you want, make your own! Here are more instructions: https://sal.stanford.edu/get-involved/start-new-student-organization.
Dining and Cafeteria
Navigation:
There are a few different options for meal time at Stanford. There are dining halls, kitchens in row houses, and places to buy food.

The larger dining halls are frequently crowded and loud. There are times that these dining halls are fairly empty though, so you will have to experiment with timing depending on what you prefer. The smaller dining halls are usually less crowded and noisy, but again may get crowded during special times such as “Athlete Dinner”, so you will need to determine the best time to eat for yourself.

There is a problem with accessibility at some of the dining halls. For example, the wheelchair accessible entrance to Lagunita is around the back. The wheelchair accessible entrance to Branner forces you to go through the dorm, which is always locked, so unless you have friends who can unlock it for you, it may not be an option.

The kitchens in row houses and other special houses on campus serve only the specific house they are in. Residents living in those houses eat there, and are allowed to bring friends occasionally. There may be a problem with accessibility in some of these houses, though the bare minimum of entrance, dining room and bathroom are usually wheelchair accessible.
Finally there are places to buy food around campus such as The Axe and Palm, Tressider, Tree House, Olive's, Ike’s, etc. These are scattered all over campus with some located in the Quad, White Plaza, the Engineering Quad, the Art building, etc. These are all accessible, though the accessible route may take some work to find, and they do get crowded around meal times.

There are also options that stay open late. This is called “Late Night”. Arrillaga, The Axe and Palm, and Lagunita are all open from about 9:30-2 am. These all have accessible entrances.

For a more in-depth discussion of the differences between dining halls please see http://stanford.edu/group/power2act/.

Study Abroad:
Yes, you can study abroad as a disabled student! You will want to work with the program advisor to make sure that your accommodations can be met in another part of the world. Talk with students that have been there, professors that have taught there, and your own support system to make sure you understand what the requirements are, what is being asked of you, what you can reasonably do, and your abilities to be independent in a city that may or may not have accessibility limitations.

See http://stanford.edu/group/power2act/ for more on study abroad.
Summary

Do I qualify for Accommodations?
If you are wondering, you should ask, and chances are you do! Here is how you should go about requesting an accommodation:
1. Talk to your OAE advisor.
2. You may need a doctor’s note detailing the disability, how it affects your daily life, and what the accommodation is.
3. Depending on the type of accommodation, you may either work through the Med Draw process, or begin the process of getting academic accommodations.
4. Register with OAE Connect, the OAE's student portal, and begin any accommodations processes on this site. https://stanfordcommunity.force.com/OAE/s/

How do I get accommodations?
If you are looking for how to get housing accommodations, please refer to the housing section of this guide.

For academic accommodations, make an appointment with your disability advisor in the OAE. Be prepared with a list of things you need and questions.

For accommodations in the social arena (i.e. captioning on a movie night, asking about ramp accessibility at a career fair, etc.), contact the Diversity and Access Office in addition to the social event coordinator.
Resource Offices:

1. **OAE** — for everything related to academic and housing accommodations.
   - [https://oae.stanford.edu/](https://oae.stanford.edu/)

2. **Diversity and Access** — for just about everything else, social accommodations, one-time event accommodations.
   - [https://diversityandaccess.stanford.edu/](https://diversityandaccess.stanford.edu/)

3. **Parking & Transportation** (in charge of Stanford Access)
   - [https://transportation.stanford.edu/](https://transportation.stanford.edu/)

4. **Residential & Dining Enterprises** — specifically for people who need special diets, such as gluten free, avoiding allergens.
   - [https://rde.stanford.edu/](https://rde.stanford.edu/)

5. **Vaden** — Healthcare
   - [https://vaden.stanford.edu/](https://vaden.stanford.edu/)

6. **Power2Act** — a community for disabled students and their allies
   - [http://stanford.edu/group/power2act/](http://stanford.edu/group/power2act/)