

TOP TIPS for supporting students with EDS or HSD

The Ehlers-Danlos syndromes (EDS) are a group of genetic connective tissue disorders with symptoms affecting the whole body. Hypermobility spectrum disorder (HSD) has similar symptoms to the most common type of EDS, the hypermobile type. Those affected by EDS or HSD may face challenges to their physical and mental health.

1 Adapt

Students with EDS or HSD have symptoms which vary greatly from day to day and often have to adapt their education, career plans and aspirations due to their condition.



2 Flexible

A flexible approach which allows regular breaks, especially in exams, varying hours of attendance and changing the studying location can help some students with EDS or HSD to stay in higher education.



3 Ergonomics

Students with EDS or HSD may find it difficult to carry heavy books or equipment, walk long distances or attend long days. Simple changes such as a seat or back support or the use of assistive technology can overcome barriers to higher education.



4 Law

Students experiencing a flare in symptoms may need extra, short-term adjustments for specific circumstances. Under the Equality Act 2010, reasonable adjustments must be made to avoid disabled students being placed at a 'substantial disadvantage'.



More information is available from
The Ehlers-Danlos Support UK helpline

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