

DISABILITY DOCUMENTATION

A step-by-step guide to getting documentation

STEP 1: FIND A PROVIDER

Documentation must come from a qualified professional such as a medical doctor, therapist, or psychiatrist. If you don't have one, there are several options available to find a provider. *(See back side for options).*

STEP 2: MEET WITH PROVIDER

If you are already working with a provider, you can call or email them and ask them to fill out the necessary form. If you do not, you'll need to meet with a provider in-person or through telehealth to establish a patient-physician relationship.

STEP 3: GET DOCUMENTATION

Documentation should include the following:

- Your provider's name, date, qualifications, and licensure information.
- A clear statement of the diagnosis, including a DSM or ICD code, and a list of symptoms that resulted in the diagnosis.
- Current functional limitations: what activities of daily living are impacted for you by this condition?
- Recommendations for accommodations with a rationale for their necessity.

OPTIONS FOR FINDING A PROVIDER

Timely.MD

24/7 virtual medical & mental health care, free for all 5C students

Disability Testing Through Pomona

You can apply for free testing with ARS if you are enrolled full- time and your health insurance does not cover neuropsychological testing.

Student Health Services & MCAPS

Both SHS and Monsour Counseling health professionals can provide disability documentation if student is receiving treatment through them.

SHS - <https://services.claremont.edu/student-health-services/>

MCAPS - <https://services.claremont.edu/mcaps/>

Additional Resources

If you're looking for mental health support, Pomona College provides a list of recommended therapists and psychologists who conduct disability testing on their wellness page. You can receive a referral from SHS for specialized doctors and access *Psychology Today* and *Zocdoc's* search feature to find therapists based on location, specialty, and insurance. Additionally, Pomona College offers up to \$50 reimbursement per appointment for mental health providers, with a limit of ten appointments per semester.

Accessibility Resources and Services

CONTACT US

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DOCUMENTATION DO'S

- Do make sure your provider has the Pomona disability documentation form. we prefer your provider to fill out the form, but if they are unable to, they can provide a letter following our guidelines
- Do keep a copy of the documentation for your own records. Don't hesitate to reach out to the ARS office with questions!