Dear Disability adviser,

Re: support for people with migraine in further and higher education

The Migraine Trust is the health and medical research charity for migraine in the UK. We fund research, provide evidence-based information, campaign for and support people affected by migraine.

Migraine is a complex neurological condition with a wide variety of symptoms. It is highly prevalent and can be extremely disabling. Migraine is ranked globally as the seventh most disabling disease among all diseases (responsible for 2.9 per cent of all years of life lost to disability/YLDs) and the leading cause of disability among all neurological disorders (Steiner TJ et al JHP 2013).

It is estimated that the UK population loses 25 million days from work or school each year because of migraine. A person with migraine may be disabled for the purposes of the Equality Act 2010. A person can be ‘disabled’ if they have physical or mental impairment and the impairment has a ‘substantial’ and ‘long term’ adverse effect on their ability to perform ‘normal day to day activities.’

An education provider can make reasonable adjustments to ensure that people with migraine are not put at a substantial disadvantage when compared to non-disabled students. Many of these adjustments are low cost and easy to implement, for example adjustment to exam policies and disregarding disability related sickness absence.

A student’s GP, neurologist, headache nurse (and/or with appropriate input from the individual) will be able to provide information and advice based on the individuals’ circumstances. It is important that adjustments and support reflect the fluctuating and episodic nature of the migraine condition. More information and resources are available at www.migrainetrust.org/living-with-migraine

More information is available from our website at www.migrainetrust.org. If we can be of any further support to you and your students please contact us on 020 3951 0150 or email advocacy@migrainetrust.org.

Yours faithfully,

Helen Balami
Advocacy Officer