



Single Rooms for Disability Access vs Single Rooms as Preference

A single room is a disability accommodation only when clinical history and professional documentation clearly demonstrate a history of substantial limitations and provide a rationale supporting the student's need for a separate living/sleeping space to access and utilize housing. For example, a student who needs extra space to use specialized medical equipment may need a certain-size bathroom, which is only available in a single room. This is an access need because without additional space to use medical equipment, the student would not be able to participate equitably in the housing program.

Note: ADHD, Generalized Anxiety, and Depression are diagnoses commonly presented as reasons a student requests a single room. However, these diagnoses rarely constitute true barriers to access, as students have access to a wide range of campus spaces to meet their needs. Here is some of the reasoning for why a single room may not be deemed necessary and reasonable disability accommodation.

Frequently Asked Questions About Single Room Housing

What if my provider says I need a quiet space to study?

Residence halls and student housing are designed as living areas. Given the number of people living in close proximity, it is not logical to assume that having a private room would consistently provide a quiet, distraction-free space to any appreciable degree beyond what a standard double room offers. The campus residential experience extends beyond the sleeping space, so there are multiple settings on campus (study rooms in residence halls, sensory spaces, computer labs, private library study rooms, outdoor spots, etc.) that provide quiet and private places where students can study, relax, or be alone. Tools like noise-canceling headphones, white noise devices, or phone apps can also help block distracting sounds.

What if I need to be alone or have a single room to decompress?

Having a diagnosis of anxiety or depression and wanting a private space to be alone or to decompress generally does not rise to the level of being a disability that requires a single room to remove barriers related to access. Students have access to many places on campus and in the community to decompress, unwind, or process their emotions, other than the room where they sleep. Here are several ideas:

- Enjoy solitary walks on campus grounds.
- Find a private nook in the library or other academic buildings to nestle in and read or think.
- Sit beside and listen to the peaceful sounds of reflection lake
- Work with Residence Life staff to set up and host a Roommate Agreement meeting. They are skilled at working neutrally with roommates to help set



boundaries and manage expectations, creating a healthy living environment for each roommate.

- Use a white noise machine/phone app or earplugs/earphones to help block out extraneous sounds.
- Work with the Residence Life live-in staff to receive guidance on conversation starters and boundary-setting.