

# Cans and musts with an EHCP

**16**

You **CAN** leave school on the last Friday in June IF you'll be 16 by the end of the summer holidays

**18**

Until you are 18, you **MUST** then:

1. stay in full-time education
2. combine work and study
3. volunteer or work part-time and study

**19**

You **HAVE** to leave school by the end of the school year in which you turn 19

**25**

You **CAN** stay in learning until you are 25 if you have an EHCP and have not yet met your learning outcomes

# POST-18 OPTIONS: FURTHER EDUCATION



e.g. Study /  
Foundation  
Programmes



Entry Level  
1, 2, 3



e.g. GCSEs at  
grades 3, 2, 1



e.g. GCSEs  
grades 4, 5, 6, 7,  
8, 9



e.g. T-Levels, A-  
Levels, BTECs

## GOOD TO KNOW

- You **may** be able to access government-funded further education (FE) (for qualifications below degree level) until age 25 with an EHCP - no automatic entitlement - depends on needs/Local Authority's decision
- Courses can be academic, vocational, or employment-based
- All study programmes for 19 – 25 year olds include English and Maths at an appropriate level if a GCSE grade 4+ has not yet been achieved

## FIND OUT MORE

<https://www.gov.uk/further-education-courses>

[www.natspec.org.uk](http://www.natspec.org.uk)

<https://www.disabilityrightsuk.org/resources/funding-further-education-disabled-students>

<https://www.gov.uk/courses-qualifications>

# POST-18 OPTIONS: SUPPORTED INTERNSHIP



Last 6 to 12 months



6+ months unpaid work placement



Personalised study programme



Get help from a tutor or job coach



Maybe study a relevant qualification

## GOOD TO KNOW

- A work-based study programme for people aged 16 to 24 with an EHCP
- Helps people move from education into work
- May be able to study a relevant qualification at a level that's right for you including GCSE English or Maths
- May be able to get help from the Access to Work scheme: <https://www.gov.uk/access-to-work>

## FIND OUT MORE

<https://www.skillsforcareers.education.gov.uk/pages/training-choice/supported-internship-with-an-ehc>

<https://www.ucas.com/further-education/apprenticeships-and-traineeships/supported-internships>

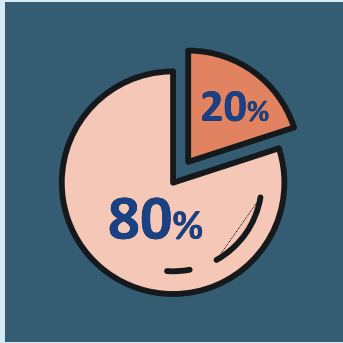
<https://www.base-uk.org>



Watch this video



# POST-18 OPTIONS: APPRENTICESHIPS



**80% work,  
20% study**



**Paid 100%  
of the time**



**Gain a  
qualification**



**Gain  
experience**



**Last 8 months  
to 6 years**

## GOOD TO KNOW

- Gain a Level 2 to 7 qualification or Functional Skills or GCSE (at employer's discretion) - entry requirements vary
- You can study BSL instead of English Functional Skills if you are deaf / first language is BSL
- Accessible / inclusive apprenticeships are an option if you are 16+, with an EHCP or Learning Disabilities Assessment, a minimum of Entry Level 3 English and Maths and able to work 25+ hours a week

## FIND OUT MORE

<https://www.apprenticeships.gov.uk/apprentices/learning-difficulties-disabilities-support>

<https://amazingapprenticeships.com/this-is-my-story/>

<https://www.disabilityrightsuk.org/resources/apprenticeships>

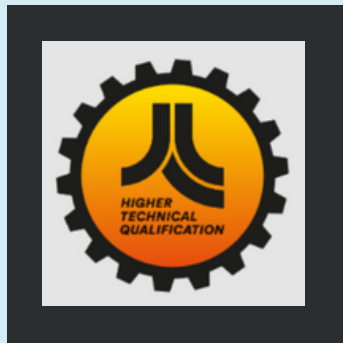
<https://www.gov.uk/access-to-work>



# POST-18 OPTIONS: HIGHER EDUCATION (HE)



**Foundation Year  
(Year 0)**



**HTQs Levels  
4 & 5**



**Bachelor Degree  
(Level 6)**



**Integrated  
Master's (Level 7)**



**EHCPs finish, but  
support available**

## GOOD TO KNOW

- HE covers courses from Level 4 (e.g. Certificates of HE) to Level 8 (Doctoral Degrees)
- EHCPs end if young people progress to a Level 4+ course with an FE or HE provider or if they leave education (e.g. to take up paid employment)
- Other support is available e.g. Disabled Students' Allowance (DSA)

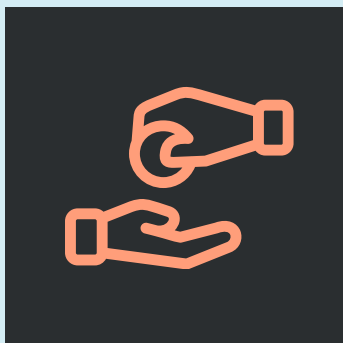
## FIND OUT MORE

<https://www.ucas.com/applying/applying-to-university/students-with-individual-needs/disabled-students>

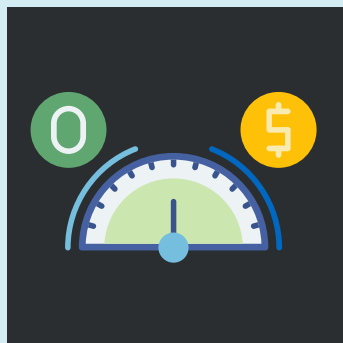
<https://www.ucas.com/money-and-student-life/money/additional-funding/disabled-students-allowance-dsa>

<https://www.disabilityrightsuk.org/resources/funding-higher-education-disabled-students>

# DISABLED STUDENTS' ALLOWANCE (DSA)



Help to cover  
study costs



Needs-tested not  
means-tested



For courses of  
12+ months



Apply ahead - can  
take 15+ weeks



No need to  
pay it back

## GOOD TO KNOW

- A government grant (not a loan) to cover the costs of extra study-related costs students face due to their disability (including mental health challenges or long-term illness)
- Support covers specialist equipment and software, 121 support, travel allowance, additional study costs
- To access DSA, students must be UK nationals, have a disability, qualify for Student Finance, and be studying a course last 12+ months

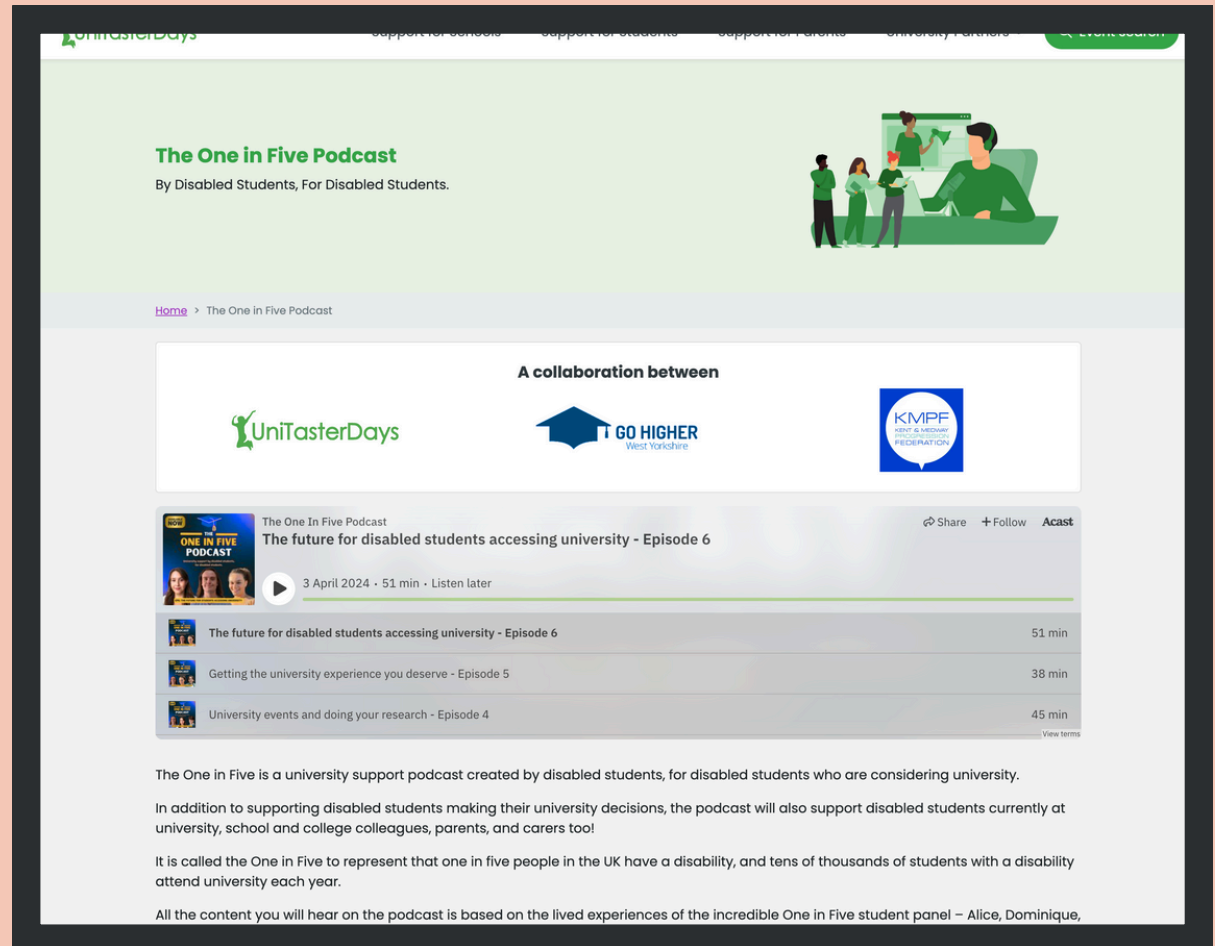
## FIND OUT MORE

<https://www.gov.uk/disabled-students-allowance-dsa>

<https://www.ucas.com/money-and-student-life/money/additional-funding/disabled-students-allowance-dsa>

<https://www.disabilityrightsuk.org/resources/applying-disabled-students'-allowance-dsa>

# University support podcast by disabled students for disabled students considering university



The screenshot shows the website for 'The One in Five Podcast'. At the top, there's a navigation bar with links for 'Support for students', 'Support for parents', and 'University partners'. The main header features the podcast title 'The One in Five Podcast' with the tagline 'By Disabled Students, For Disabled Students.' and an illustration of four people. Below this, a section titled 'A collaboration between' displays logos for UniTasterDays, 'GO HIGHER West Yorkshire', and 'KMPF'. The podcast player shows the current episode, 'The future for disabled students accessing university - Episode 6', with a play button and a progress bar. Below the player is a list of previous episodes: 'Getting the university experience you deserve - Episode 5' (38 min) and 'University events and doing your research - Episode 4' (45 min). At the bottom, there's a paragraph explaining the podcast's purpose and a link to the full transcript.

**The One in Five Podcast**  
By Disabled Students, For Disabled Students.

Home > The One In Five Podcast

A collaboration between

UniTasterDays GO HIGHER West Yorkshire KMPF

The One In Five Podcast  
The future for disabled students accessing university - Episode 6  
3 April 2024 • 51 min • Listen later

The future for disabled students accessing university - Episode 6 51 min

Getting the university experience you deserve - Episode 5 38 min

University events and doing your research - Episode 4 45 min

The One in Five is a university support podcast created by disabled students, for disabled students who are considering university.

In addition to supporting disabled students making their university decisions, the podcast will also support disabled students currently at university, school and college colleagues, parents, and carers too!

It is called the One in Five to represent that one in five people in the UK have a disability, and tens of thousands of students with a disability attend university each year.

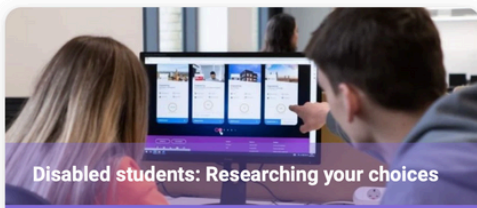
All the content you will hear on the podcast is based on the lived experiences of the incredible One in Five student panel – Alice, Dominique,

<https://www.unitasterdays.com/listen-to-the-1-in-5-podcast/>

# Disabled students

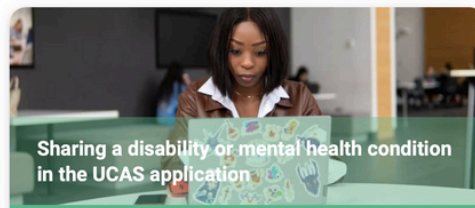
Every year, over 100,000 disabled students apply through UCAS to study at a university or college in the UK – including mental health conditions, learning differences, and long-term health conditions. Students can access a range of support to help them succeed with their studies, day-to-day activities, travel, and lifestyle.

This content was developed with support from [The National Association of Disability Practitioners \(NADP\)](#), [Diversity and Ability \(D&A\)](#), [Disabled Students' Commission \(DSC\)](#), [Advance HE](#), [Disability Rights UK \(DRUK\)](#), [LEAD Scotland](#), and [Whizz Kidz](#).




**Disabled students: Researching your choices**

Alongside your research into courses and universities, you may also need to take your individual support needs into account when making your choices.



**Sharing a disability or mental health condition in the UCAS application**

It's really important to tell your university or college about your individual needs as early as possible – this will ensure any adjustments and support are in place before you arrive.



**Speaking to the disability adviser, mental health adviser or student support team**

Teams are in place to make sure students get the right support – this guide will help you get the information you need to make an informed decision.

# A guide to the support available for disabled students at the universities in Kent and Medway.



**KMPF**  
KENT & MEDWAY  
PROGRESSION  
FEDERATION

**ofs** Uni Connect  
Programme

## The Guide: Support available for Disabled Students at University

Canterbury  
Christ Church  
University

**UIC**  
University of  
Kent

University of  
**Kent**

 UNIVERSITY OF  
GREENWICH

# POST-18 OPTIONS: EMPLOYMENT



Earn money /  
get paid



Part-time  
or full-time



Gain experience



Develop skills



Can include work-  
based learning

## GOOD TO KNOW

- Tick Disability Confident at <https://findajob.dwp.gov.uk/> to find inclusive employers who will offer interviews to disabled candidates who meet the criteria
- May be able to get help from the Access to Work scheme: <https://www.gov.uk/access-to-work>
- Find inclusive employers via sites like <https://www.inclusivehires.com/jobs> and <https://www.evenbreak.co.uk>

## FIND OUT MORE

<https://www.gov.uk/access-to-work>

<https://www.scope.org.uk/advice-and-support/disability-friendly-employers/>

<https://www.morrisby.com/blog/successful-job-searching>

<https://www.base-uk.org/home>

# DISABILITY CONFIDENT EMPLOYERS

3 levels of this scheme which aims to help employers recruit and retain disabled people in work:



**Disability  
Confident Committed**



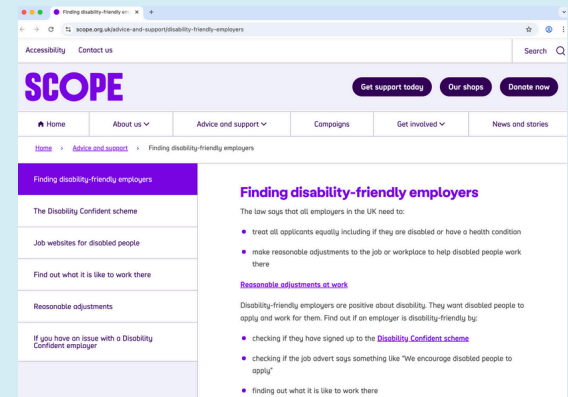
Tick Disability Confident to find inclusive employers who will offer interviews to disabled candidates who meet the criteria



**Disability  
Confident Employer**  
can evidence  
accessibility &  
support



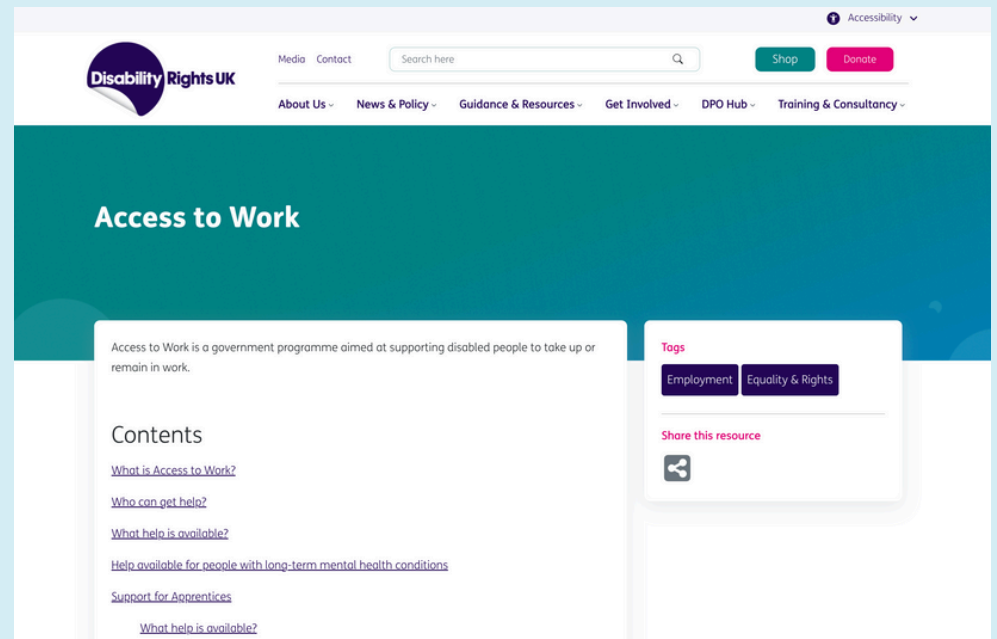
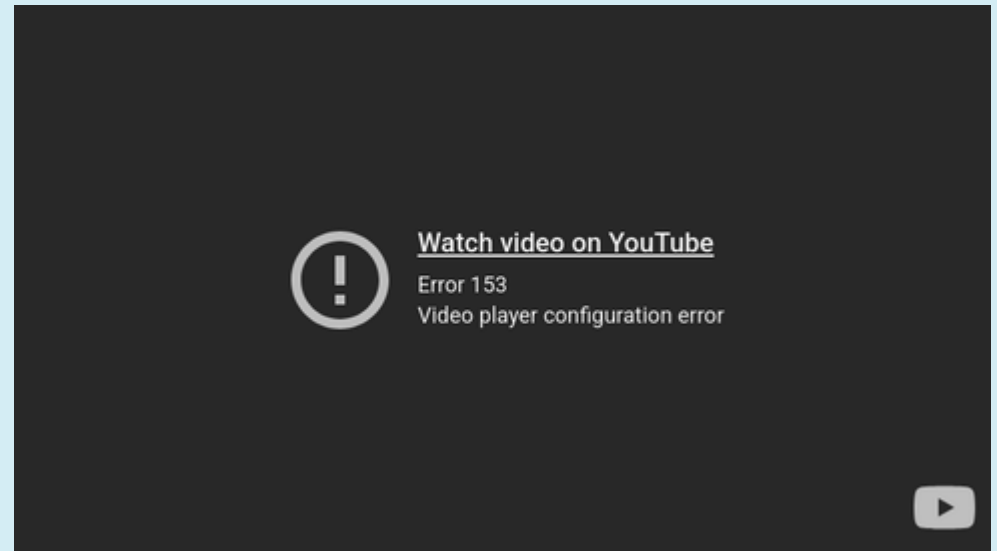
**Disability  
Confident Leader**  
help others to be  
disability confident





**Access to Work** is a government scheme designed to provide help to disabled people aged 16+ who have a job and are experiencing disability related challenges within work (e.g. work trial, employment, apprenticeships, supported internships, self-employment, interviews). It can be used for:

- Job Coaching
- Interpreters
- Working interviews/Job trials
- Equipment, Aids and Apps
- Signers
- Disability awareness training
- Job Mentoring
- Support Worker
- Travel Training
- Taxis
- Mental Health Support Service



<https://www.gov.uk/access-to-work>



# POST-18 OPTIONS: START A BUSINESS



**Bring your ideas  
to life**



**Risks and rewards**



**Juggling  
responsibilities**



**Responsibility of  
success / failure**



**Who can  
support you**

## GOOD TO KNOW

- Starting and running a business involves potential risks and rewards
  - 1.
- Potential benefits include the challenge and learning opportunity, flexibility, satisfaction, reward, and variety.
- Potential risks include long hours, responsibility, variable pay, potential isolation, availability of finance, effort required, and lack of employee benefits.

## FIND OUT MORE

<https://youvegotthis.uk> (self-employment internship programme)

<https://startups.co.uk/guides/>

<https://www.prospects.ac.uk/jobs-and-work-experience/self-employment>

<https://www.gov.uk/get-business-support>

# POST-18 OPTIONS: VOLUNTEER



**Give your time  
to others**



**Part-time or  
full-time**



**Get to know  
people**



**Develop skills**



**Build confidence**

## GOOD TO KNOW

- An opportunity to make a difference
- Some voluntary roles involve the same tasks and responsibilities as an equivalent paid job
- Even though not paid, applications can still be competitive

## FIND OUT MORE

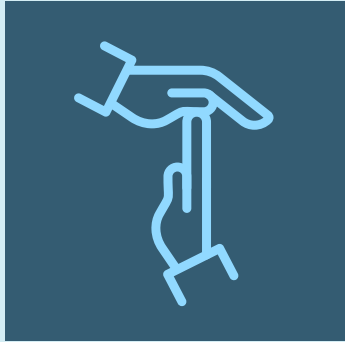
<https://nationalcareers.service.gov.uk/careers-advice/advice-on-volunteering>

<https://volunteermatters.org.uk>

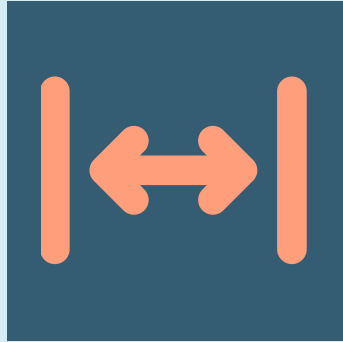
<https://vinspired.com/>

<https://www.gov.uk/volunteering>

# POST-18 OPTIONS: GAP YEAR



**Time out to  
consider options**



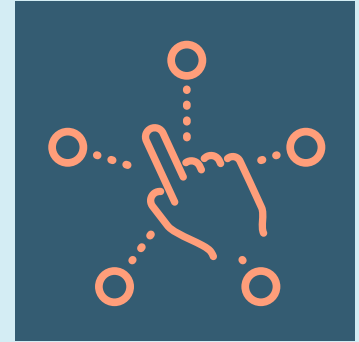
**Space between  
parts of journey**



**Can build skills &  
confidence**



**An opportunity to  
gain experience**



**More than 1 way  
to do a gap year**

## GOOD TO KNOW

- EHCPs end if young people leave education (e.g. for a gap year or to take up paid employment)
- Ways to spend a gap year include: Travel, work, volunteer, exploring options, focusing on wellbeing, online courses, starting a side hustle, trying new things...
- Gap year considerations: Will you make the most of it? Who would support you? What would you gain? What could you lose?

## FIND OUT MORE

<https://www.prospects.ac.uk/jobs-and-work-experience/gap-year/should-i-take-a-gap-year>

<https://www.ucas.com/discover/gap-years>

<https://ultimateguides.ucas.com/takingagapyear/>

<https://nationalcareers.service.gov.uk/careers-advice/advice-on-a-gap-year>

# PERSONAL ASSISTANTS (PA)

scope.org.uk

SCOPE

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News and stories

[Home](#) > [Advice and support](#) > Personal assistants, care workers and support workers

Personal assistants, care workers and support workers

Types of support

How to get homecare

How to get a PA or support worker

Employing a PA, care worker or support worker

Finding a PA, care worker or support worker

Paying for support using your personal budget

Getting cover for sick leave or holiday leave

Support at work with Access to Work funding

## Personal assistants, care workers and support workers

This information applies to England and Wales.

There are different types of help you can get in your home to support you to live independently. Support at home can come from different people. A family member who does unpaid care for you is called a carer. Agencies might also call their staff carers. Some paid roles are:

- personal assistant (PA)
- care worker or paid carer
- support worker

These roles can be similar, but people think about them differently.

### Types of support

If you have care needs related to an impairment or condition, you might be entitled to social care support, for example a care worker or support worker. This is practical support to meet your care needs, such as:

- help with personal care like going to the toilet

# USEFUL WEBSITES





Neurodiversity

## Neurodiversity & Neurodivergent: Meanings, Types & Examples

Find out more about the different types of neurodivergence.

Autism ADHD Dyslexia Dyspraxia More

### Neurodiversity definitions...

 <b>Neurodiversity</b> Noun: The diversity or variation of cognitive functioning in people. Everyone has a unique brain and therefore different skills, abilities, and needs.	 <b>Neurodiverse</b> Adjective: Describes the diversity and variation of cognitive functioning in people. Neurodiverse is typically used to describe neurodivergent people.	 <b>Neurodivergence</b> Noun: Cognitive functioning which is not considered "typical". For example, autistic, dyslexic, and dyspraxic people.	 <b>Neurodivergent</b> Adjective: Describes people who have a neurodivergence.
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SPECIAL NEEDS JUNGLE

SPECIAL EDUCATIONAL NEEDS ♦ DISABILITY ♦ HEALTH CONDITIONS ♦ RARE DISEASE

Parent-led information, resources and informed opinion about children and young people 0-25

KEEP UP TO DATE WITH SEND: GET NEW POST ALERTS!

Email Address

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Support SNJ's work: Become a Patron

nasen LIVE 2025  
An unmissable SEND event! July 4th

Begging to differ with the Baroness—a new legal framework for disabled children's social care really is needed  
By Professor Luke Clements May 28, 2025

Why LEGAL AID MAY NOW BE AVAILABLE FOR SEND PARENTS CHALLENGING SCHOOL EXCLUSIONS

Disability Rights UK

Media Contact Search here

About Us News & Policy Guidance & Resources Get Involved DPO Hub

## We are Disabled people leading change

Disability Rights UK is the UK's leading Disabled People's led by, run by, and working for Disabled people.

We work with other DPOs, public bodies, businesses and the UK to influence regional and national change for better accessibility, benefits, quality of life and economic opportunities.

What we're doing Find out more

### Benefit Cuts: Take Action!

Content Increase / reset font size: A

## THE RIGHT TO PARTICIPATE

Disability Rights UK

TAKE ACTION RESOURCES STORIES

### THE RIGHT TO PARTICIPATE

This website is part of Disability Rights UK's Right to Participate project, funded by the Legal Education Foundation. The project aims to increase awareness of the Equality Act, especially the ways it can protect disabled people from discrimination in everyday situations.

TAKE ACTION NOW

SCOPE

Get support today

Home About us Advice and support Campaigns Get involved

## Disability benefits are a lifeline

Learn more about our campaign

We are Scope. We campaign to transform attitudes to disability, tackle injustice and inspire change.

CXK

Home About Us Services Get Involved Partners News & Events Resources Contact Us

News Blog Events Case Studies

## USEFUL SEND RESOURCES AND WEBSITES

In this article, we introduce a range of useful SEND websites and resources.

### Careers websites and information (suitable for SEND students)

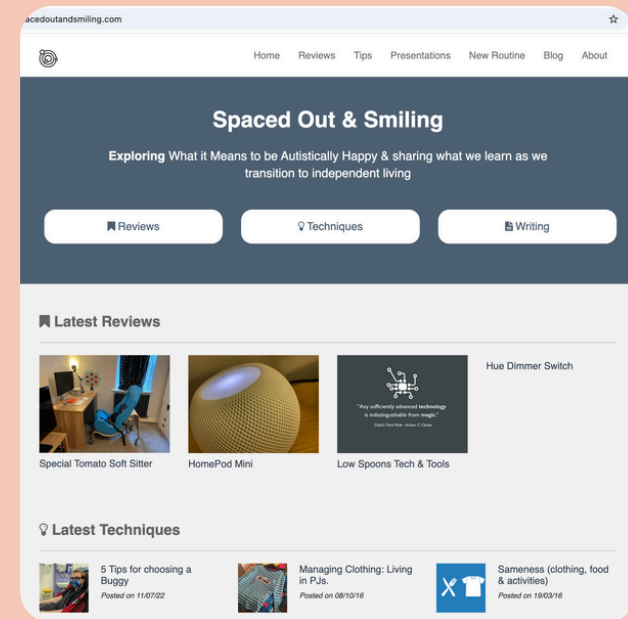
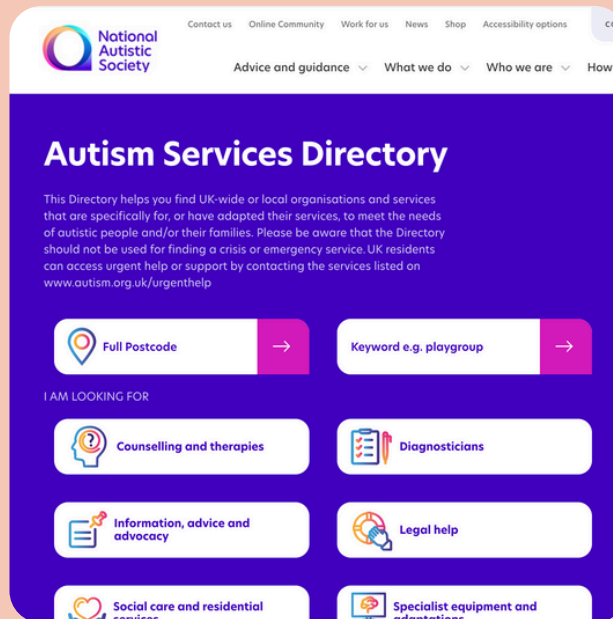
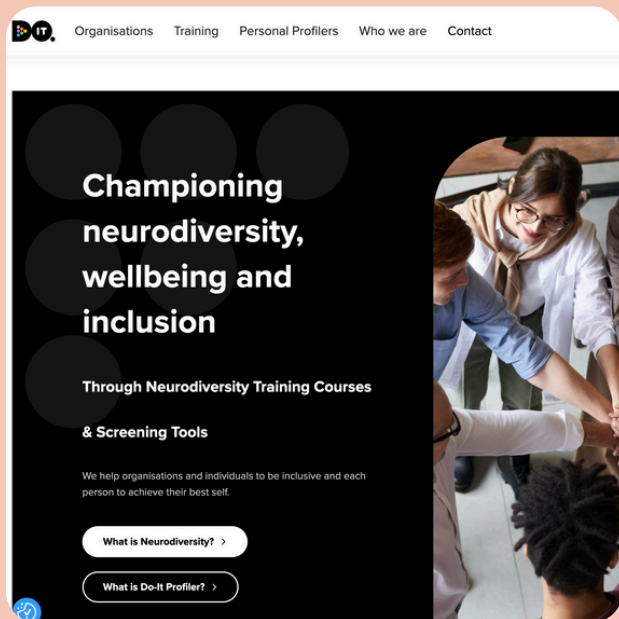
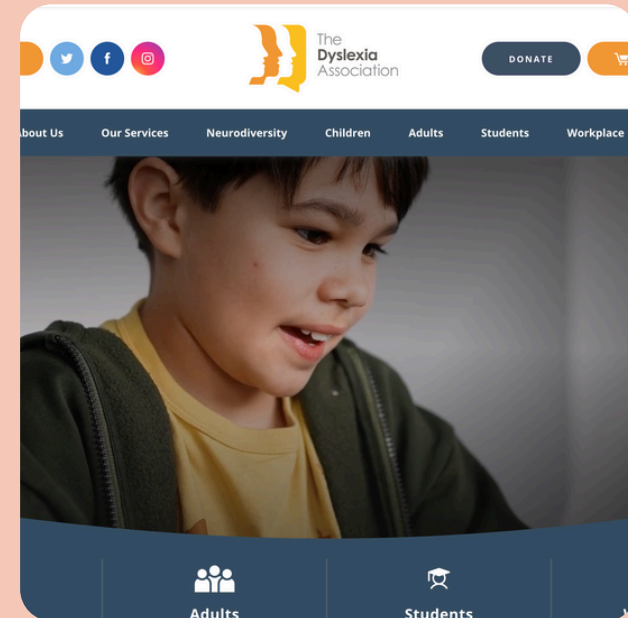
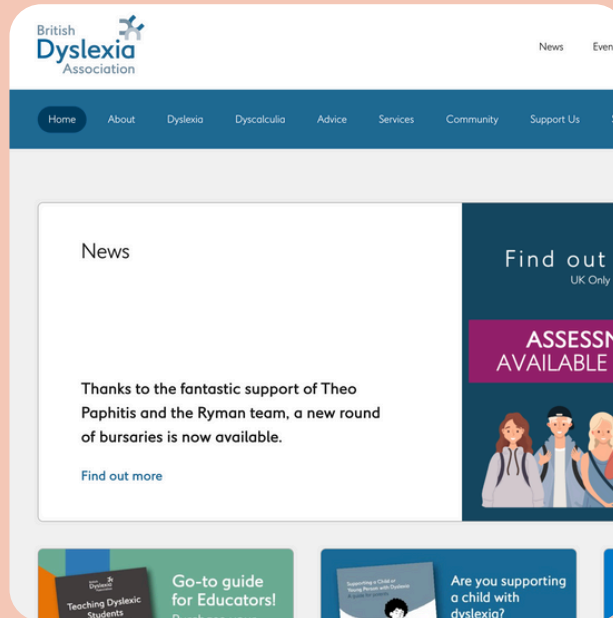
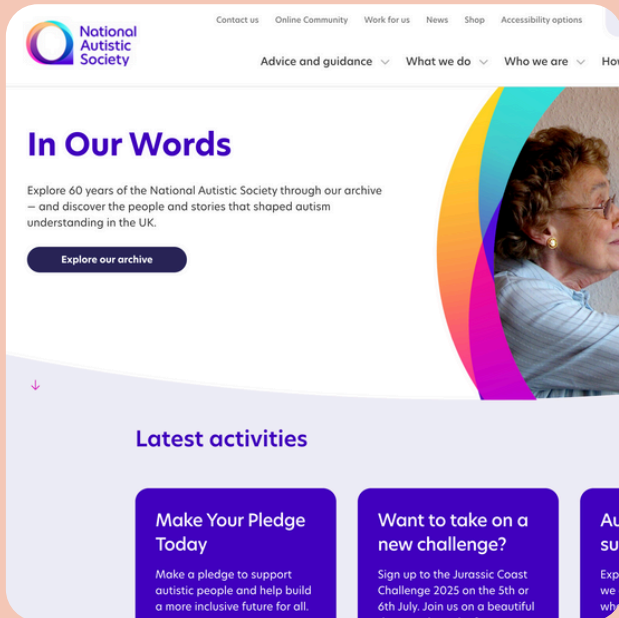
Your Future Black Country – focused on the Midlands but job profiles presented in accessible format for SEND students

Success at School – straightforward, easy to understand advice and information

Youth Employment UK – useful for entry level roles – comprehensive job and sector information

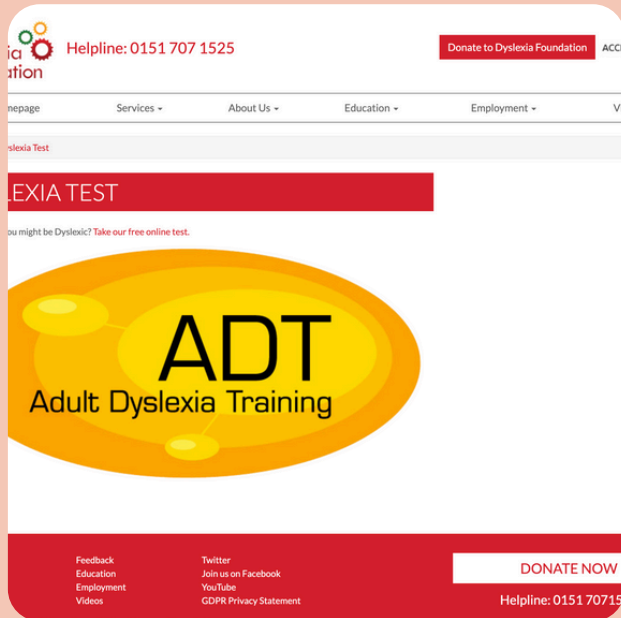
Dyslexia Scotland

# USEFUL WEBSITES





# USEFUL WEBSITES



Helpline: 0151 707 1525

Donate to Dyslexia Foundation

Services • About Us • Education • Employment •

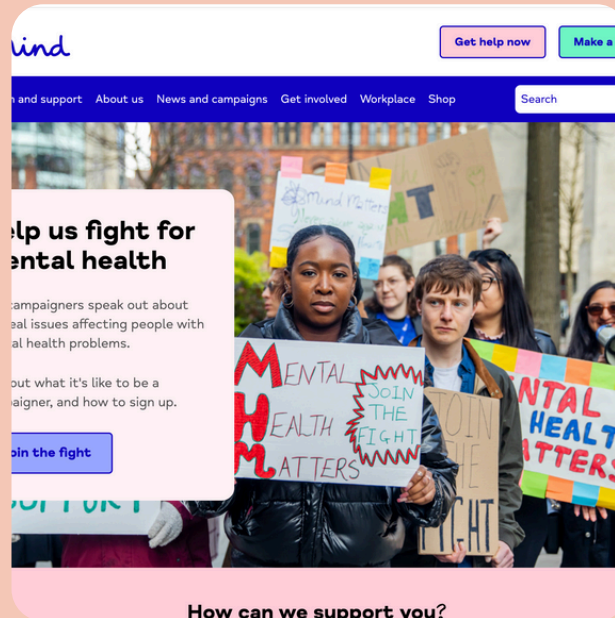
ADT Adult Dyslexia Training

Feedback Education Employment Videos

Twitter Join us on Facebook YouTube GDPR Privacy Statement

DONATE NOW

Helpline: 0151 70715



Get help now Make a donation

Advice and support About us News and campaigns Get involved Workplace Shop Search

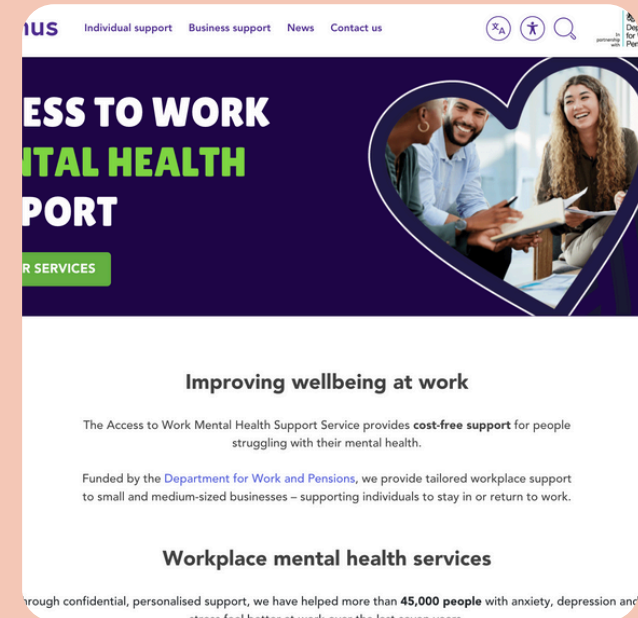
Help us fight for mental health

campaigners speak out about real issues affecting people with mental health problems.

about what it's like to be a campaigner, and how to sign up.

Join the fight

How can we support you?



Individual support Business support News Contact us

ACCESS TO WORK MENTAL HEALTH SUPPORT

IMPROVING SERVICES

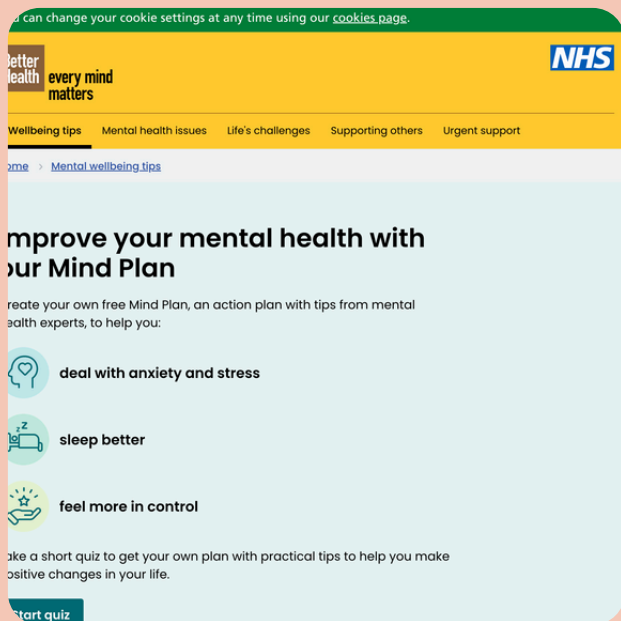
Improving wellbeing at work

The Access to Work Mental Health Support Service provides **cost-free support** for people struggling with their mental health.

Funded by the [Department for Work and Pensions](#), we provide tailored workplace support to small and medium-sized businesses – supporting individuals to stay in or return to work.

Workplace mental health services

Through confidential, personalised support, we have helped more than **45,000 people** with anxiety, depression and stress feel better at work over the last seven years.



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better health every mind matters

NHS

Wellbeing tips Mental health issues Life's challenges Supporting others Urgent support

Home > Mental wellbeing tips

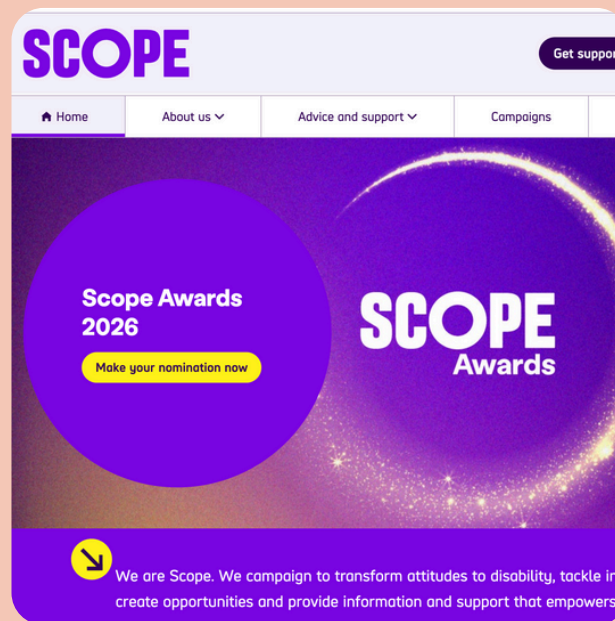
Improve your mental health with our Mind Plan

Create your own free Mind Plan, an action plan with tips from mental health experts, to help you:

- deal with anxiety and stress
- sleep better
- feel more in control

Take a short quiz to get your own plan with practical tips to help you make positive changes in your life.

Start quiz



SCOPE

Get support

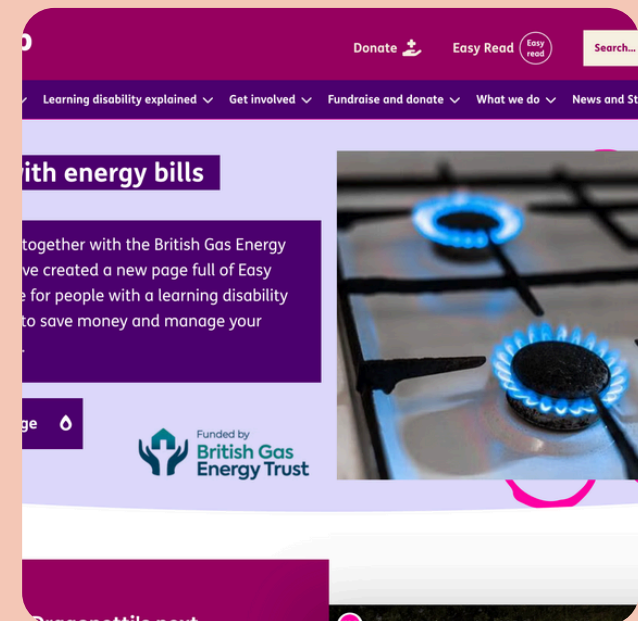
Home About us Advice and support Campaigns

Scope Awards 2026

Make your nomination now

SCOPE Awards

We are Scope. We campaign to transform attitudes to disability, tackle inequality, create opportunities and provide information and support that empowers.



Donate Easy Read Search...

Learning disability explained Get involved Fundraise and donate What we do News and Stories

With energy bills

Together with the British Gas Energy Trust we've created a new page full of Easy Read guides for people with a learning disability to save money and manage your energy bills.

Funded by British Gas Energy Trust

Dragonetti's next

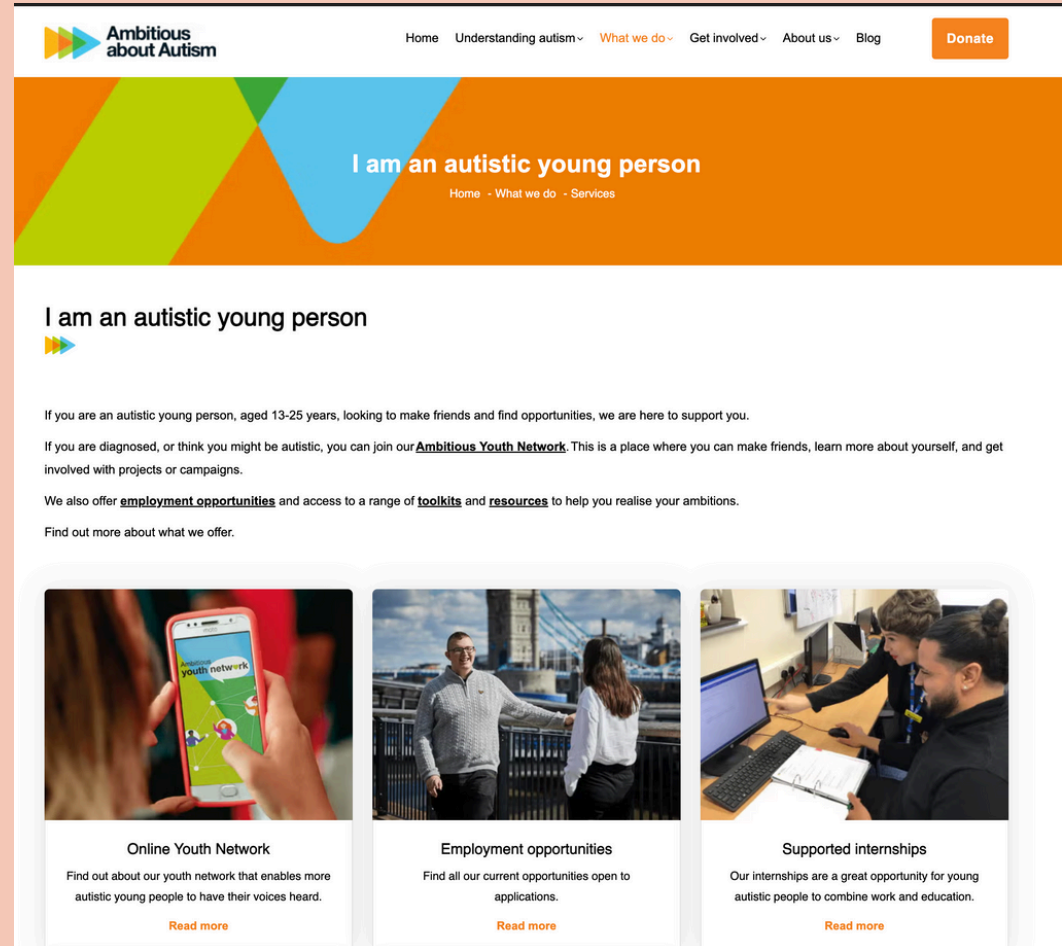
# AMBITIOUS ABOUT AUTISM

## Employ Autism Programme:

Offers autistic young people (18-25 years) paid experiences of work, industry insight events, education and training activities, employability support and more.

## Ambitious Youth Network:

Share experiences, connect with others, access opportunities to advocate and improve services for autistic young people.



The screenshot displays the website for 'Ambitious about Autism'. The header includes the logo, navigation links (Home, Understanding autism, What we do, Get involved, About us, Blog), and a 'Donate' button. The main banner features a colorful geometric design and the text 'I am an autistic young person' with sub-links 'Home - What we do - Services'. Below the banner, the section 'I am an autistic young person' is repeated, followed by three paragraphs of text: 'If you are an autistic young person, aged 13-25 years, looking to make friends and find opportunities, we are here to support you.', 'If you are diagnosed, or think you might be autistic, you can join our **Ambitious Youth Network**. This is a place where you can make friends, learn more about yourself, and get involved with projects or campaigns.', and 'We also offer **employment opportunities** and access to a range of **toolkits** and **resources** to help you realise your ambitions.' A link 'Find out more about what we offer.' is provided. The bottom section contains three cards: 'Online Youth Network' with an image of a smartphone showing the network app, 'Employment opportunities' with an image of two people on a rooftop, and 'Supported internships' with an image of two people working at a computer. Each card includes a brief description and a 'Read more' link.

**Ambitious about Autism**

Home Understanding autism What we do Get involved About us Blog [Donate](#)

## I am an autistic young person

[Home](#) - [What we do](#) - [Services](#)

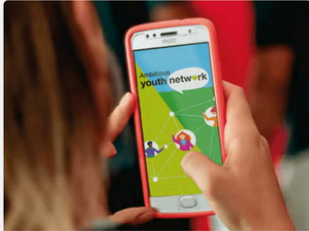
### I am an autistic young person

If you are an autistic young person, aged 13-25 years, looking to make friends and find opportunities, we are here to support you.

If you are diagnosed, or think you might be autistic, you can join our **Ambitious Youth Network**. This is a place where you can make friends, learn more about yourself, and get involved with projects or campaigns.

We also offer **employment opportunities** and access to a range of **toolkits** and **resources** to help you realise your ambitions.


[Find out more about what we offer.](#)



#### Online Youth Network

Find out about our youth network that enables more autistic young people to have their voices heard.


[Read more](#)



#### Employment opportunities

Find all our current opportunities open to applications.

[Read more](#)



#### Supported internships

Our internships are a great opportunity for young autistic people to combine work and education.

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