

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

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

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

POST-18 OPTIONS: SUPPORTED INTERNSHIP



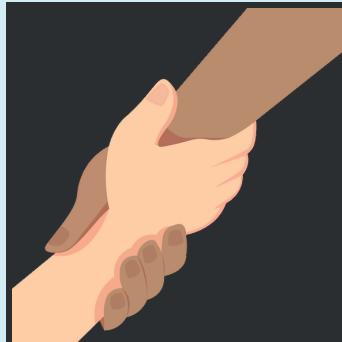
Last 6 to 12 months



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)

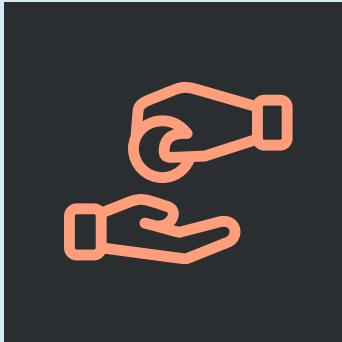
FIND OUT MORE

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

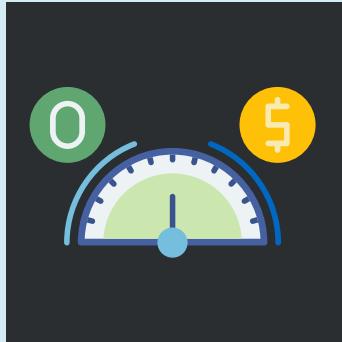
<https://www.ucas.com/money-and-student-life/money/additional-funding/disabled-students-allowance-dsa>

<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

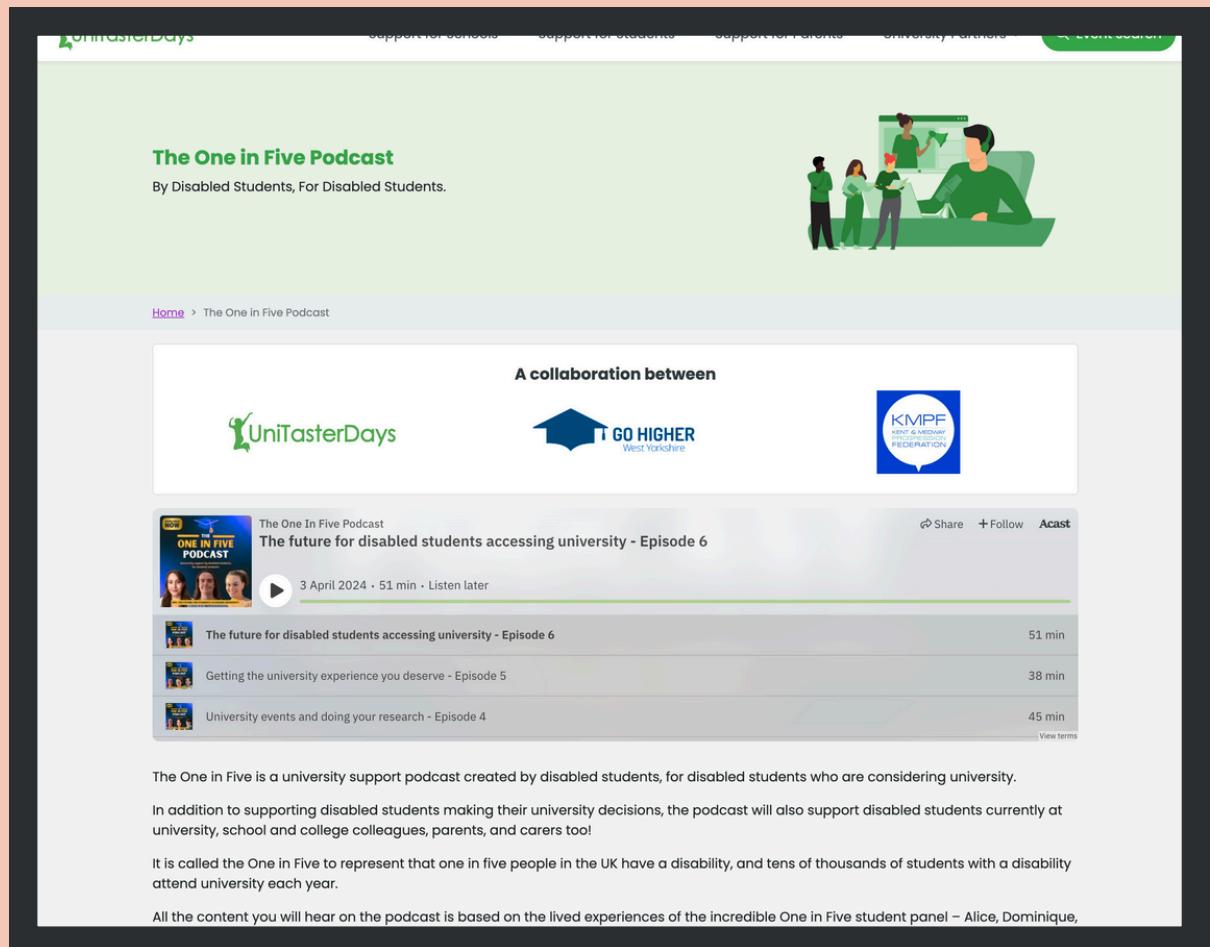
FIND OUT MORE

<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 UniTasterDays website with a green header. The main content area features a green background with white text. At the top, it says 'The One in Five Podcast' and 'By Disabled Students, For Disabled Students.' Below this is a green illustration of three people: two standing and one sitting at a desk with a computer monitor. The monitor shows a person speaking. A navigation bar at the bottom of the page includes 'Home', 'The One in Five Podcast', 'Acast', and 'View terms'.

A collaboration between

- UniTasterDays**
- GO HIGHER**
West Yorkshire
- KMPF**
KENT & MIDLANDS
FEDERATION

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

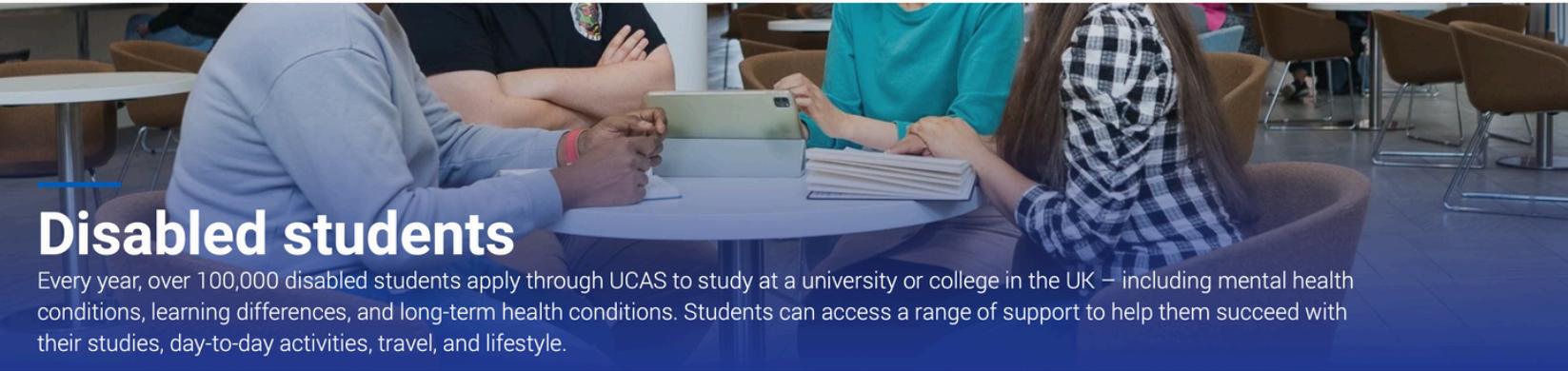
Getting the university experience you deserve - Episode 5
38 min

University events and doing your research - Episode 4
45 min

View terms

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.

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

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
Federation

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**



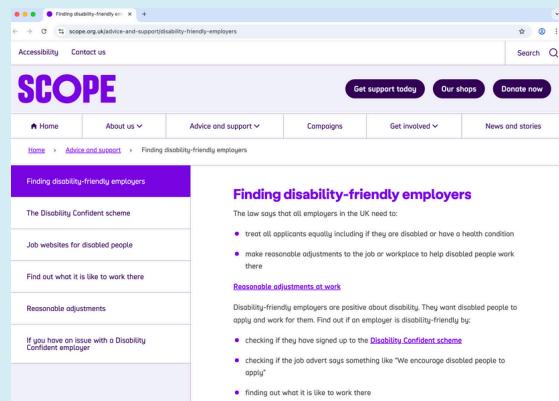
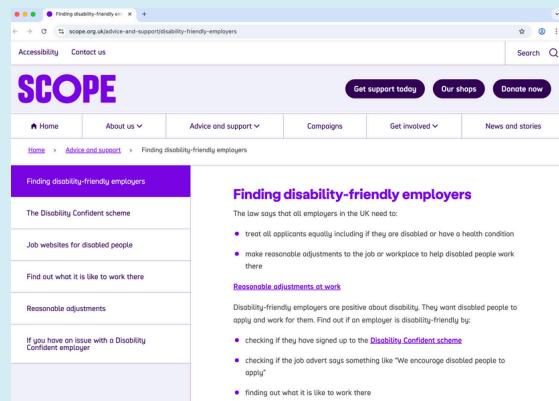
Tick Disability Confident to find inclusive employers who will offer interviews to disabled candidates who meet the criteria



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

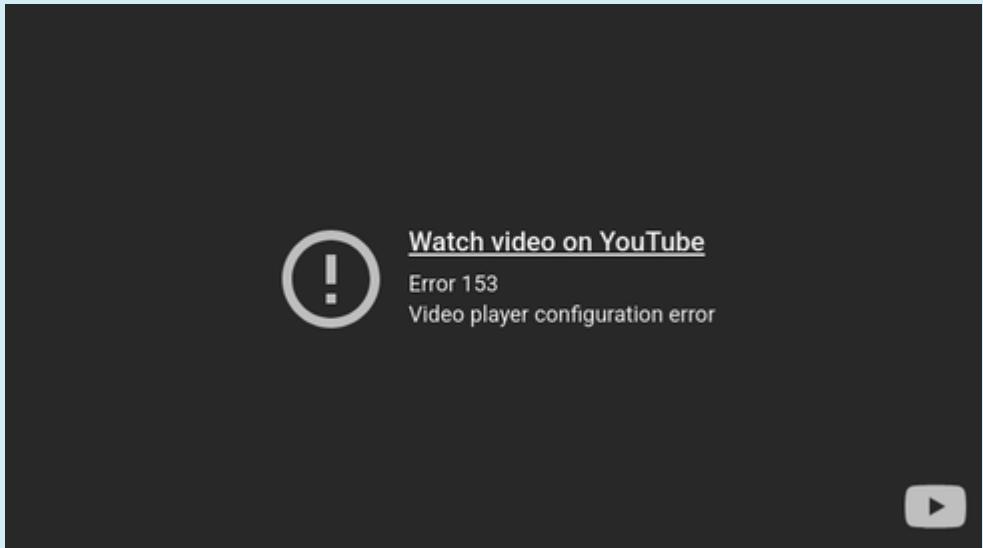


**Disability
Confident Leader**
help others to be
disability confident



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



Access to Work

Access to Work is a government programme aimed at supporting disabled people to take up or remain in work.

Contents

[What is Access to Work?](#)
[Who can get help?](#)
[What help is available?](#)
[Help available for people with long-term mental health conditions](#)
[Support for Apprentices](#)
[What help is available?](#)

Tags

Employment, Equality & Rights

Share this resource

<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://volunteeringmatters.org.uk>

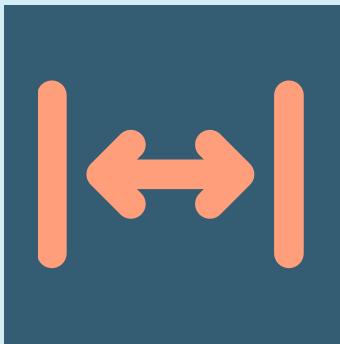
<https://vinspired.com/>

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

POST-18 OPTIONS: GAP YEAR



Time out to consider options



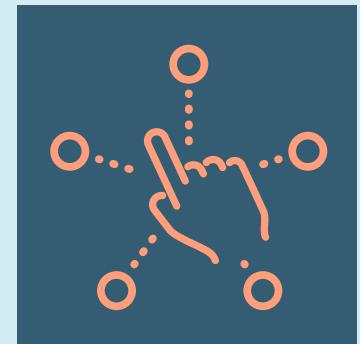
Space between parts of journey



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

Get support today Our shops Donate now

Home About us Advice and support Campaigns Get involved 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

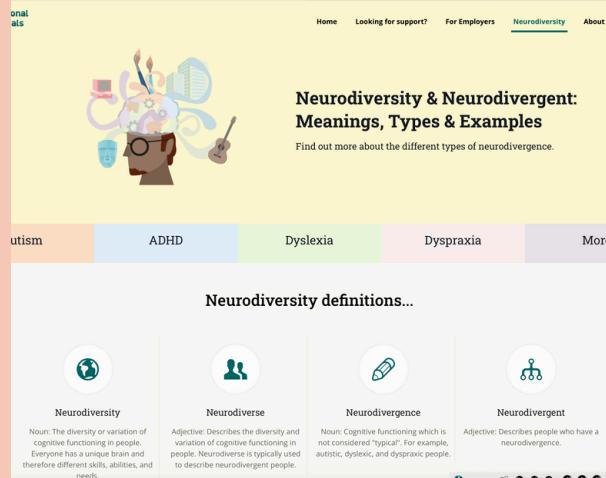
These roles can be similar, but people think about them differently.

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 & Neurodivergent: Meanings, Types & Examples

Find out more about the different types of neurodivergence.

Neurodiversity

Neurodiverse

Neurodivergence

Neurodivergent

Autism

ADHD

Dyslexia

Dyspraxia

More

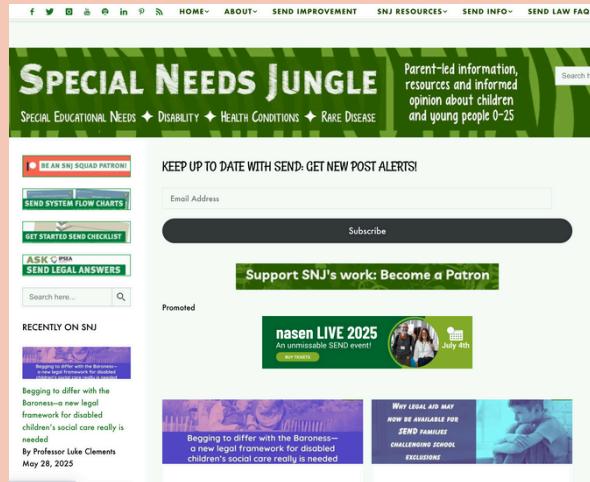
Neurodiversity definitions...

Neurodiversity: The diversity or variation of cognitive functioning in people. Everyone has a unique brain and therefore different skills, abilities, and needs.

Neurodiverse: Describes the diversity and variation of cognitive functioning in people. Neurodiverse is typically used to describe neurodivergent people.

Neurodivergence: Cognitive functioning which is not considered "typical". For example, autistic, dyslexic, and dyspraxic people.

Neurodivergent: Describes people who have a neurodivergence.



SPECIAL NEEDS JUNGLE

SEND IMPROVEMENT SNJ RESOURCES SEND INFO SEND LAW FAQS

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

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

Support SNJ's work: Become a Patron

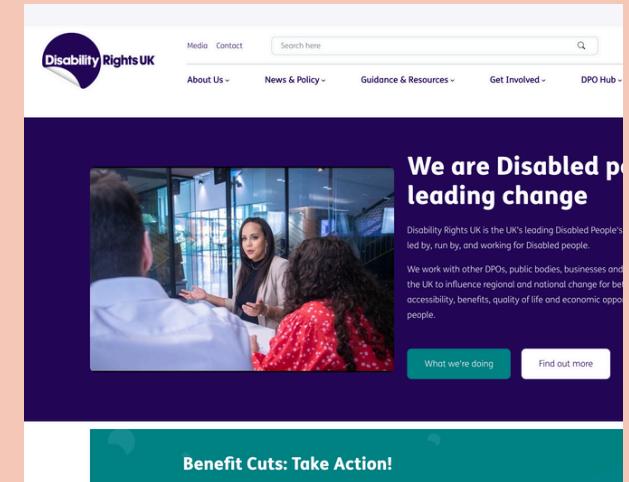
RECENTLY ON SNJ

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

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

SEND LAW AND MAY NOW BE AVAILABLE FOR SEND FAMILIES CHALLENGING SCHOOL EXCLUSIONS



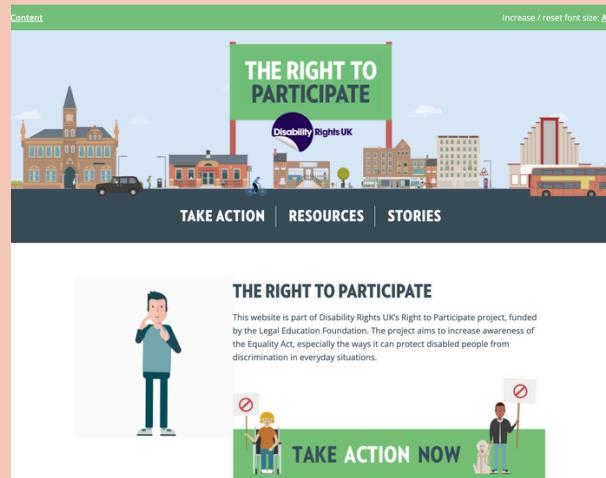
Disability Rights UK

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

We are Disabled people leading change

What we're doing Find out more

Benefit Cuts: Take Action!



Content

increase / reset font size ▲

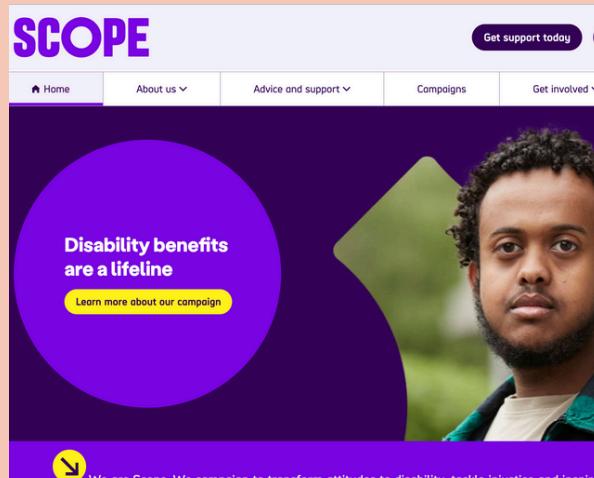
THE RIGHT TO PARTICIPATE

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



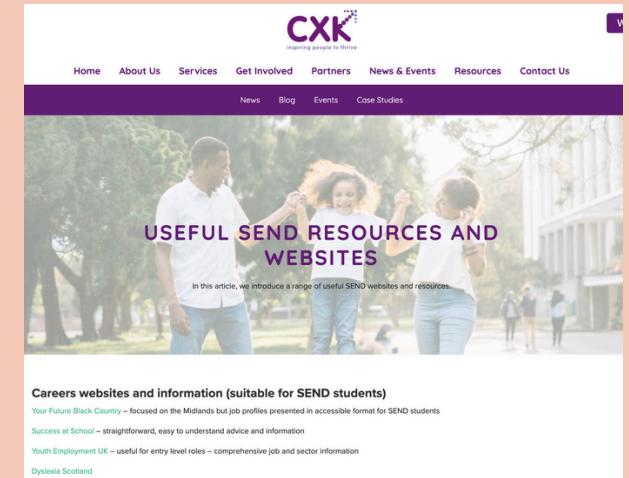
SCOPE

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)

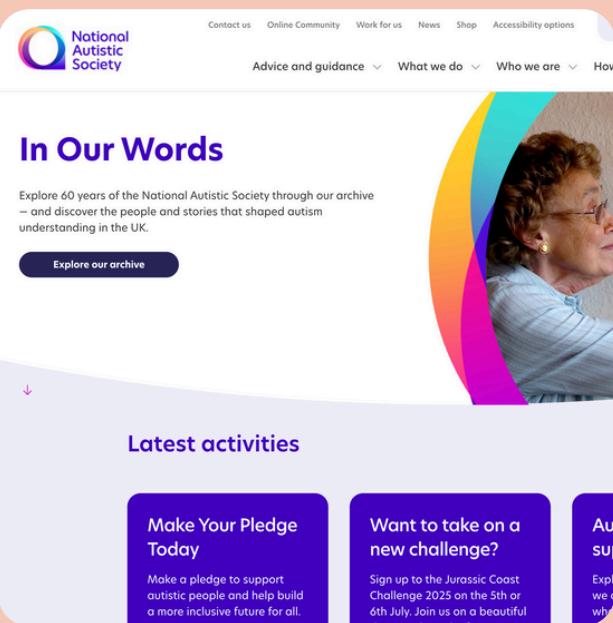
Your Future Black Country – focused on the Midlands but job profiles presented in accessible format for SEND students

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



The National Autistic Society website features a large, colorful circular graphic on the right side. The text on the page includes:

- Contact us
- Online Community
- Work for us
- News
- Shop
- Accessibility options
- Advice and guidance
- What we do
- Who we are
- How

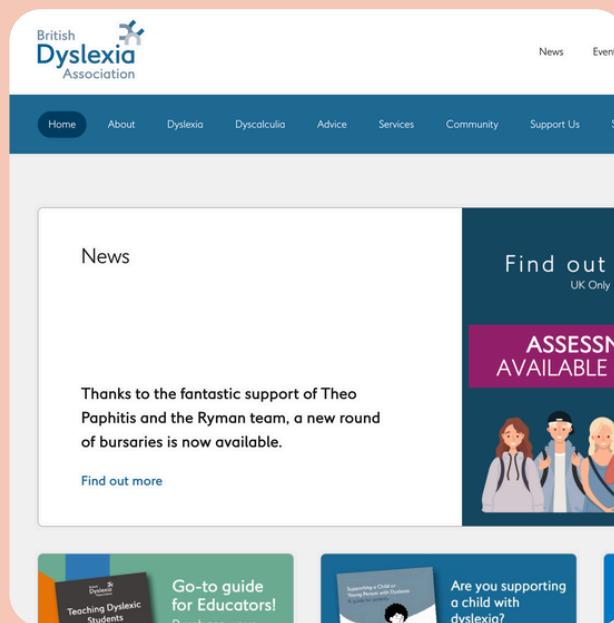
In Our Words

Explore 60 years of the National Autistic Society through our archive – and discover the people and stories that shaped autism understanding in the UK.

[Explore our archive](#)

Latest activities

- Make Your Pledge Today**
Make a pledge to support autistic people and help build a more inclusive future for all.
- Want to take on a new challenge?**
Sign up to the Jurassic Coast Challenge 2025 on the 5th or 6th July. Join us on a beautiful day out along the Jurassic Coast.
- Autism Support**
Explains what autism is and what it means to have autism.



The British Dyslexia Association website has a dark blue header with the organization's logo and navigation links for Home, About, Dyslexia, Dyscalculia, Advice, Services, Community, Support Us, and Sec... (partially visible).

News

Thanks to the fantastic support of Theo Paphitis and the Ryman team, a new round of bursaries is now available.

[Find out more](#)

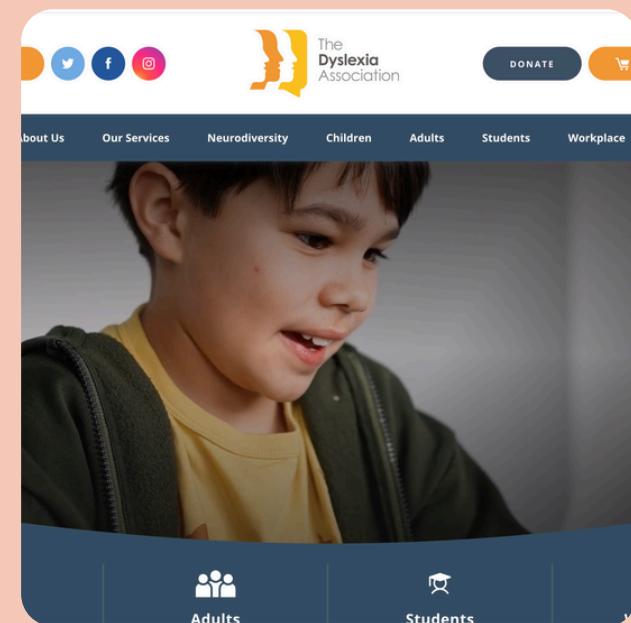
ASSESSMENT AVAILABLE

Teaching Dyslexic Students

Go-to guide for Educators!

Supporting a Child with Dyslexia

Are you supporting a child with dyslexia?

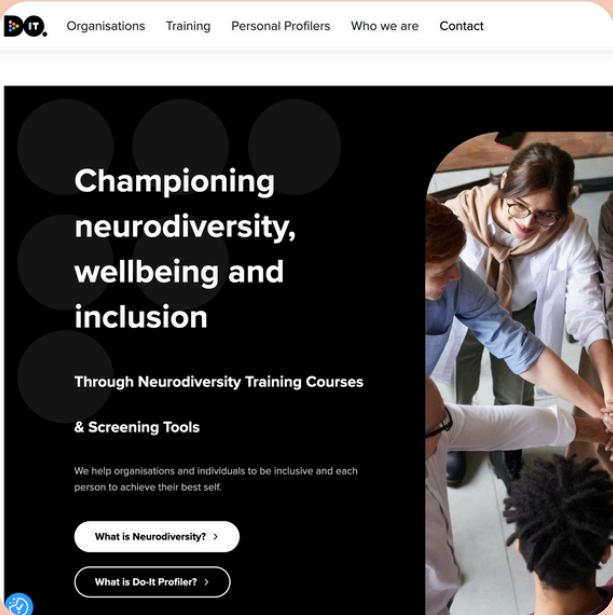


The Dyslexia Association website features a large image of a young boy speaking. The header includes the organization's logo and links for About Us, Our Services, Neurodiversity, Children, Adults, Students, and Workplace.

[DONATE](#)

Adults

Students



The Do-It website has a dark background with white text. It features a large image of people working together. The text includes:

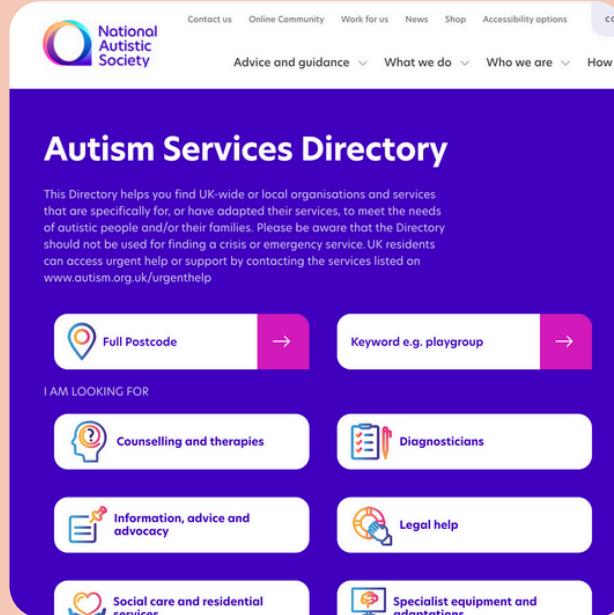
Championing neurodiversity, wellbeing and inclusion

Through Neurodiversity Training Courses & Screening Tools

We help organisations and individuals to be inclusive and each person to achieve their best self.

[What is Neurodiversity?](#)

[What is Do-It Profiler?](#)



The Autism Services Directory website has a purple header with the National Autistic Society logo and navigation links for Contact us, Online Community, Work for us, News, Shop, Accessibility options, and COL... (partially visible).

Advice and guidance

What we do

Who we are

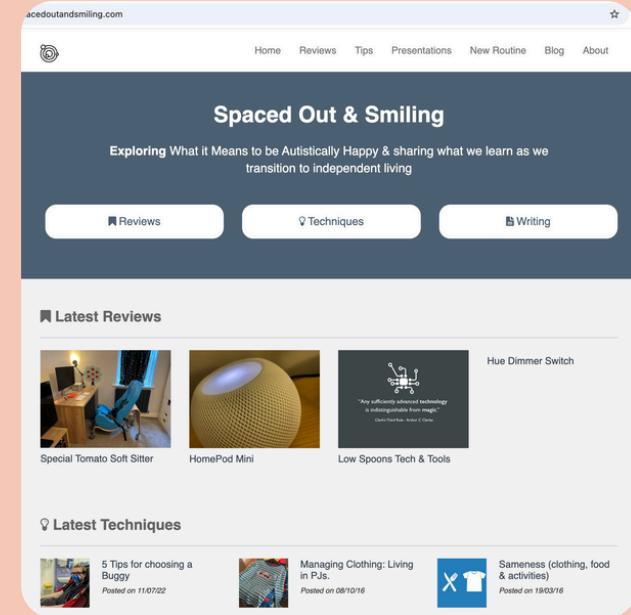
How

Autism Services Directory

This Directory helps you find UK-wide or local organisations and services that are specifically for, or have adapted their services, to meet the needs of autistic people and/or their families. Please be aware that the Directory should not be used for finding a crisis or emergency service. UK residents can access urgent help or support by contacting the services listed on www.autism.org.uk/urgenthelp

I AM LOOKING FOR

- Full Postcode
- Keyword e.g. playgroup
- Counselling and therapies
- Diagnosticians
- Information, advice and advocacy
- Legal help
- Social care and residential services
- Specialist equipment and adaptations



The Spaced Out & Smiling website has a dark blue header with the organization's name and links for Home, Reviews, Tips, Presentations, New Routine, Blog, and About.

Spaced Out & Smiling

Exploring What it Means to be Autistically Happy & sharing what we learn as we transition to independent living

Reviews

Techniques

Writing

Latest Reviews

- Special Tomato Soft Sitter
- HomePod Mini
- Hue Dimmer Switch

Latest Techniques

- 5 Tips for choosing a Buggy
- Managing Clothing: Living in PJs
- Sameness (clothing, food & activities)

USEFUL WEBSITES

The website for the Dyslexia Foundation features a top navigation bar with links for Helpline (0151 707 1525), Donate to Dyslexia Foundation, and Access. Below this is a main menu with categories: Homepage, Services, About Us, Education, Employment, and Videos. A large yellow button labeled 'ADT Adult Dyslexia Training' is prominently displayed. The page includes a 'Dyslexia Test' section, a 'Feedback' section, and social media links for Twitter, Facebook, YouTube, and GDPR Privacy Statement. A 'DONATE NOW' button and a 'Helpline: 0151 7071525' are also present.

The Mind website features a top navigation bar with links for Get help now, Make a donation, and a search bar. Below this is a main menu with categories: Home and support, About us, News and campaigns, Get involved, Workplace, and Shop. A large image of a protest with people holding 'MENTAL HEALTH MATTERS' signs is displayed. A call-to-action box on the left says 'Help us fight for mental health' and includes a 'Join the fight' button. A pink box at the bottom right says 'How can we support you?'.

The Access to Work website features a top navigation bar with links for Individual support, Business support, News, and Contact us. Below this is a main menu with categories: Home, Services, and Resources. A large image of two people working together is shown. A call-to-action box on the left says 'LESS TO WORK MENTAL HEALTH PORT' and includes a 'Join our services' button. A pink box at the bottom right says 'Improving wellbeing at work'. Text below states: '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.'

The NHS Better Health website features a top navigation bar with links for NHS, Better Health, every mind matters, and a 'Change your cookie settings' link. Below this is a main menu with categories: Wellbeing tips, Mental health issues, Life's challenges, Supporting others, and Urgent support. A breadcrumb trail shows 'Home > Mental wellbeing tips'. A large image of a purple circle with the text 'Scope Awards 2026' and 'SCOPE Awards' is displayed. A call-to-action box on the left says 'Improve your mental health with your Mind Plan' and includes a 'Start quiz' button. A pink box at the bottom right says 'Deal with anxiety and stress', 'Sleep better', and 'Feel more in control'.

The Scope website features a top navigation bar with links for Get support, Home, About us, Advice and support, Campaigns, and a search bar. Below this is a main menu with categories: Home, About us, Advice and support, Campaigns, and a 'Scope Awards 2026' section. A large image of a purple circle with the text 'Scope Awards 2026' and 'SCOPE Awards' is displayed. A call-to-action box on the left says 'Make your nomination now' and includes a 'Start quiz' button. A pink box at the bottom right says 'We are Scope. We campaign to transform attitudes to disability, tackle injustice, create opportunities and provide information and support that empowers.'

The British Gas Energy Trust website features a top navigation bar with links for Donate, Easy Read, and a search bar. Below this is a main menu with categories: Learning disability explained, Get involved, Fundraise and donate, What we do, and News and Stories. A breadcrumb trail shows 'Home > With energy bills'. A large image of a gas stove with blue flames is displayed. A call-to-action box on the left says 'With energy bills' and includes a 'Funded by British Gas Energy Trust' logo. A pink box at the bottom right says 'Together with the British Gas Energy Trust, we have created a new page full of Easy Read guides for people with a learning disability to help you save money and manage your energy bills.'

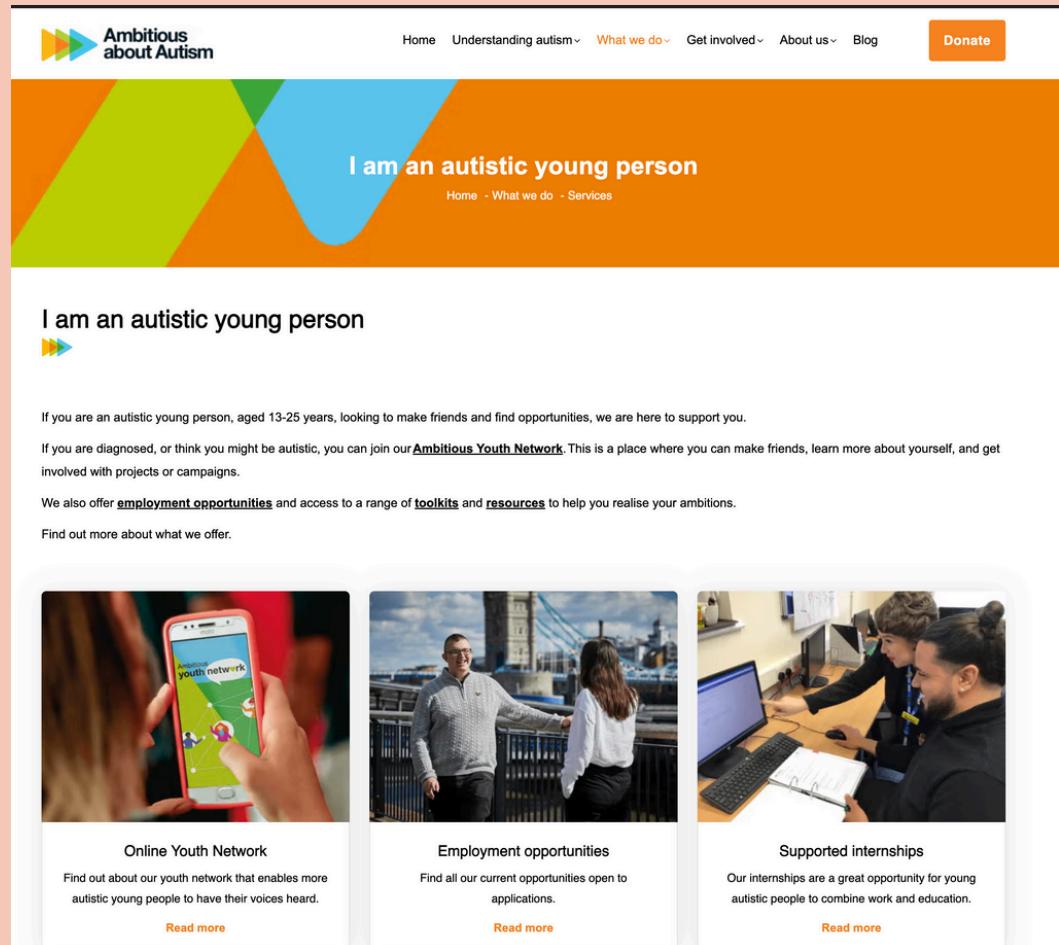
AMBITIOUS ABOUT AUTISM

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 shows the homepage of the Ambitious About Autism website. The header features the organization's logo with four colored triangles (blue, green, yellow, red) and the text 'Ambitious about Autism'. The navigation menu includes 'Home', 'Understanding autism', 'What we do' (with a dropdown arrow), 'Get involved', 'About us', 'Blog', and a 'Donate' button. The main banner has a colorful geometric background and the text 'I am an autistic young person' with a 'Home - What we do - Services' link below it. Below the banner, there is a section titled 'I am an autistic young person' with a play button icon. The text explains the support available for autistic young people aged 13-25, mentions the 'Ambitious Youth Network' for making friends and learning about oneself, and offers 'employment opportunities', 'toolkits', and 'resources' to help realize ambitions. It also links to 'what we offer'. Three callout boxes at the bottom illustrate the services: 'Online Youth Network' (a person holding a smartphone displaying the network app), 'Employment opportunities' (two people standing outdoors near a bridge), and 'Supported internships' (two people working together at a computer). Each callout box includes 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.

[Read more](#)