

**APPRENTICESHIPS
LEVEL 2 TO 7**

**SCHOOL LEAVER
PROGRAMMES**

**UNIVERSITY DEGREE:
FOUNDATION, BACHELOR,
INTEGRATED
MASTER'S**

**UNIVERSITY
FOUNDATION YEAR
(YEAR 0)**

WORK & STUDY

**HIGHER TECHNICAL
QUALIFICATIONS**

STUDY

**SUPPORTED
INTERNSHIPS
IF AGED 16 TO 24
WITH AN EHCP**

**WORK-BASED
TRAINING**

**COLLEGE COURSE:
GOV-FUNDED FOR
U19 OR AGE 25
WITH EHCP**

**EXAM RETAKES:
MAY NEED TO
SELF-FUND**

**A
SELECTION
OF POST-18
OPTIONS**

**GET A JOB
(FULL- OR PART-TIME)**

START A BUSINESS

TRAVEL

**WORK
OR VOLUNTEER**

PAID & UNPAID WORK

GAP YEAR

INTERSHIP

VOLUNTEERING

**USE IT IN A WAY
THAT WORKS
FOR YOU**



SUNRISE
CAREER GUIDANCE

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>

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

<https://www.skillsforcareers.education.gov.uk/your-training-options>

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

POST-18 OPTIONS: SUPPORTED INTERNSHIP



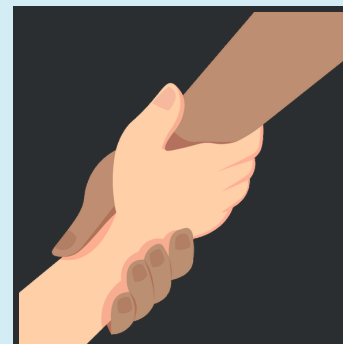
Last 6 to 12 months



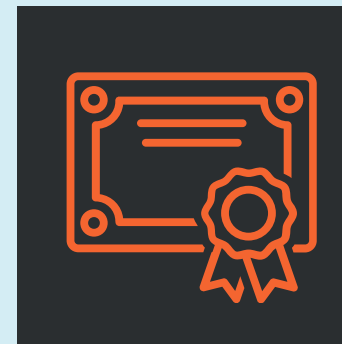
6+ months unpaid work placement



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>

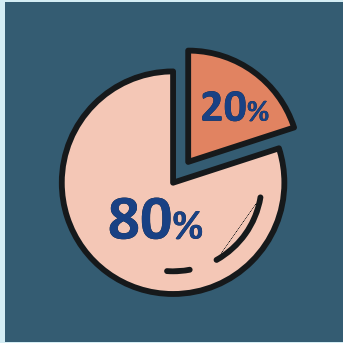
FIND OUT MORE

<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>

POST-18 OPTIONS: APPRENTICESHIPS



80% work,
20% study



Paid 100%
of the time



Gain a
qualification



Gain
experience



Last 8 months
to 5 years

GOOD TO KNOW

- Gain a Level 2 to 7 qualification - entry requirements vary
- Tick Disability Confident at [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 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>

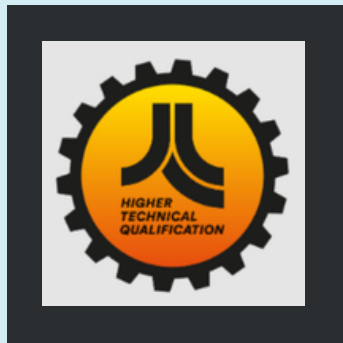
FIND OUT MORE

- <https://www.disabilityrightsuk.org/disabled-apprentice-network>
- <https://www.apprenticeships.gov.uk/apprentices>
- <https://amazingapprenticeships.com/this-is-my-story/>
- <https://www.skillsforcareers.education.gov.uk/pages/training-choice/apprenticeships>

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 you can take from age 18, ranging from Level 4 (e.g. Certificates of HE) to Level 8 (Doctoral Degrees)
- Courses typically take 1 to 5 years to complete
- 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)
- Support may be available e.g. Disabled Students' Allowance

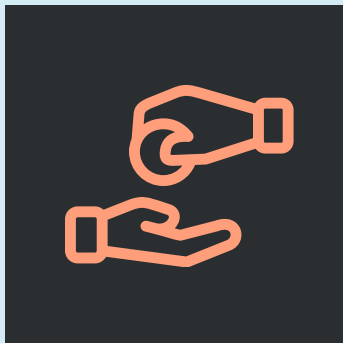
FIND OUT MORE

<https://www.ucas.com>

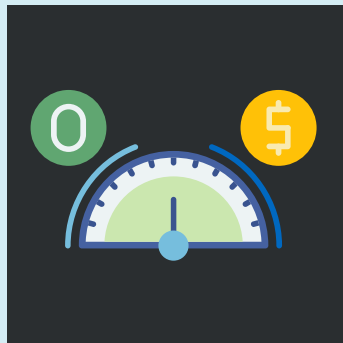
<https://www.ucas.com/applying/applying-to-university/students-with-individual-needs/disabled-students>

<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 a mental health problem, long-term illness, or any other disability
- Support covers specialist equipment and software, 121 support, travel allowance, additional study costs
- To access DSA, students must be UK Home Students, have a disability, qualify for Student Finance, and be studying a course that's 12+ months or 30+ credits on LLE funding

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://kmpf.org/wp-content/uploads/2025/09/TheGuide_SupportForDisabledStudents_A4_20PP_DIGITAL-VERSION_TAGGED-29092025.pdf

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**



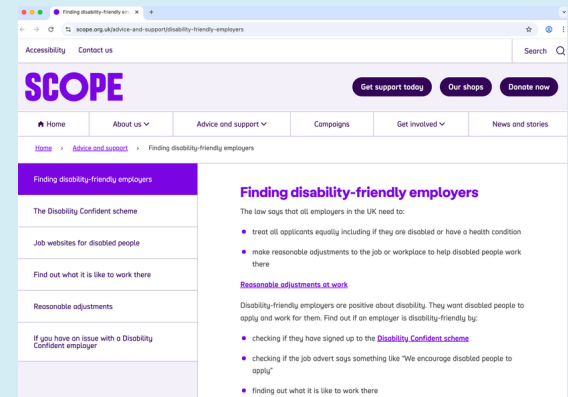
Tick Disability Confident to find inclusive employers who will offer interviews to disabled candidates who meet the criteria



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

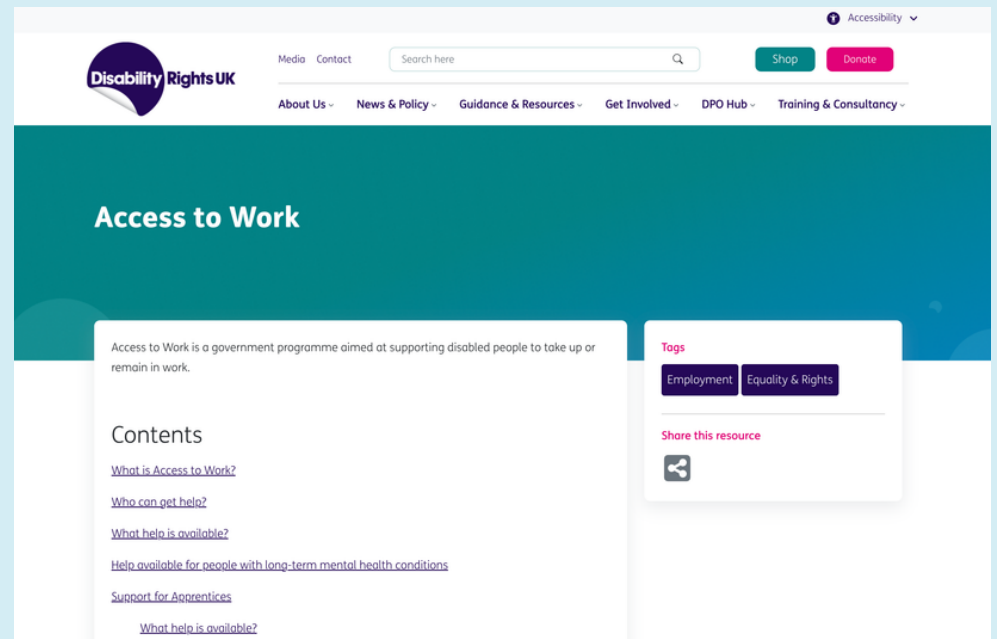


**Disability
Confident Leader**
help others to be
disability confident



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**



**Consider who
can support you**

GOOD TO KNOW

- Starting and running a business involves potential risks and rewards
- Potential benefits include the challenge and learning opportunity, flexibility, satisfaction, reward, and variety.
- Potential costs 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 support for disabled people*)

<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

- 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?
- EHCPs end if young people leave education (e.g. for a gap year or to take up paid employment)

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>

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

USEFUL WEBSITES FOR DISABILITY

Neurodiversity & Neurodivergent: Meanings, Types & Examples

Find out more about the different types of neurodivergence.

Neurodiversity definitions...

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

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!

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nasen LIVE 2025

An unmissable SEND event! July 4th

Begging to differ with the Baronesse—a new legal framework for disabled children's social care really is needed

By Professor Luke Clements May 28, 2025

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 for Disabled people.

What we're doing Find out more

Benefit Cuts: Take Action!

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

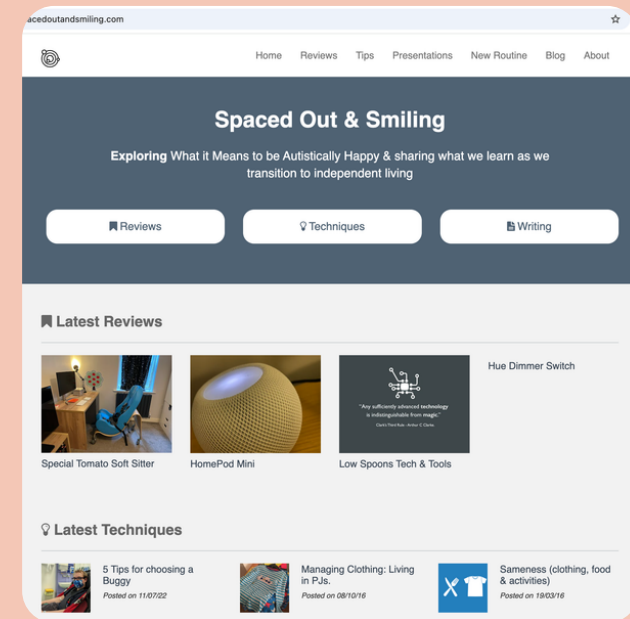
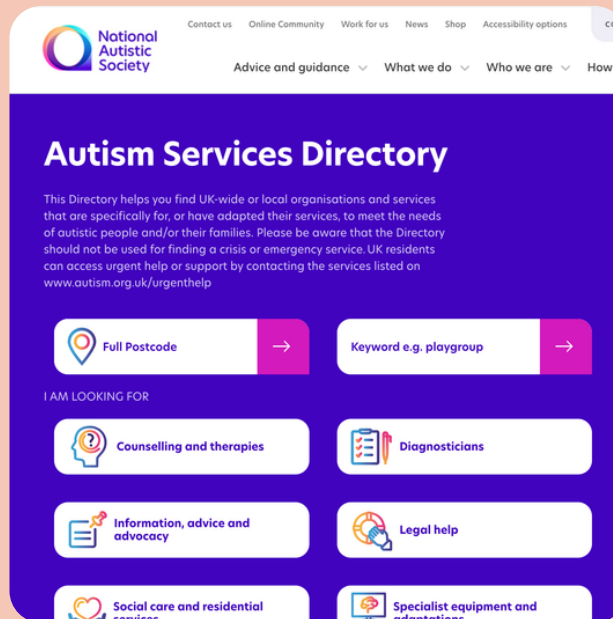
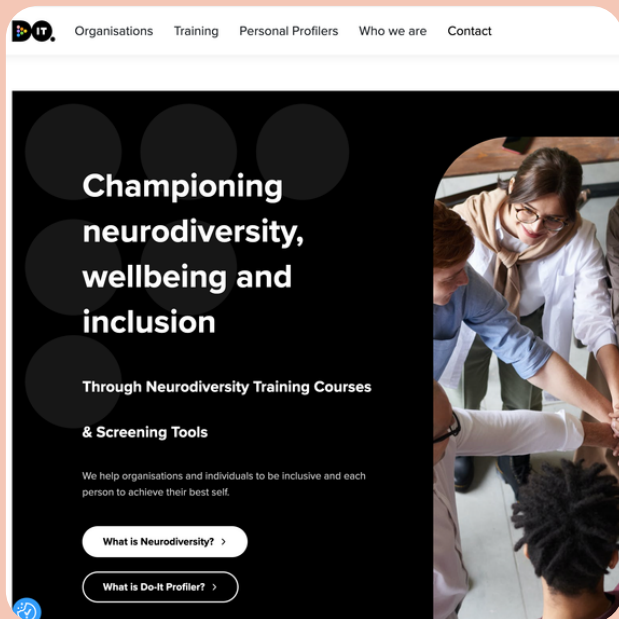
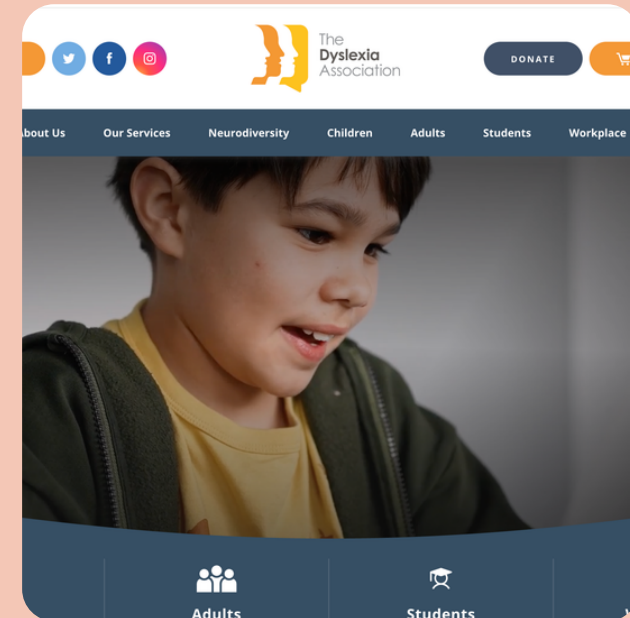
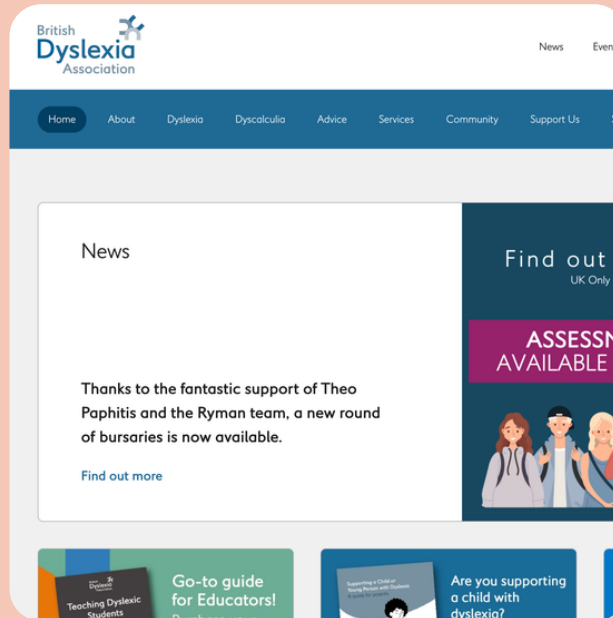
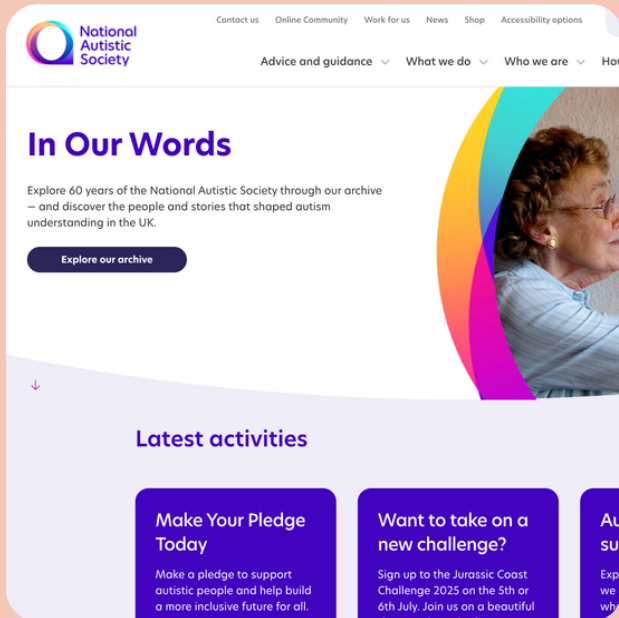
USEFUL SEND RESOURCES AND WEBSITES

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

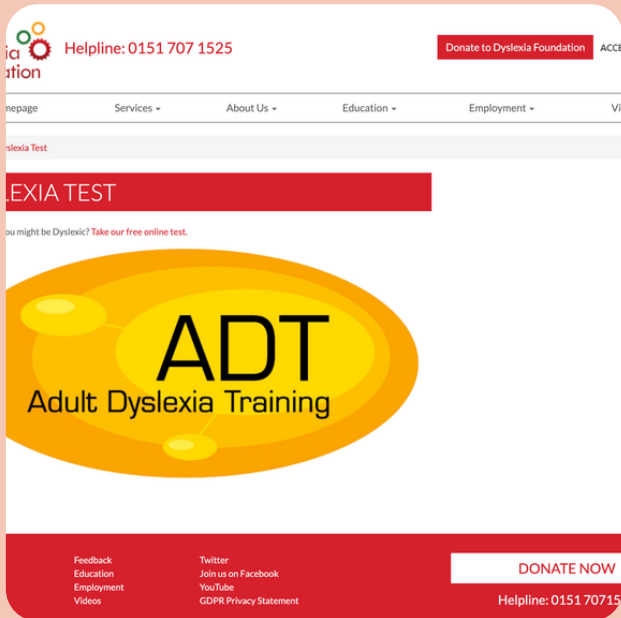
Careers websites and information (suitable for SEND students)

- 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 •

Dyslexia Test

ADT
Adult Dyslexia Training

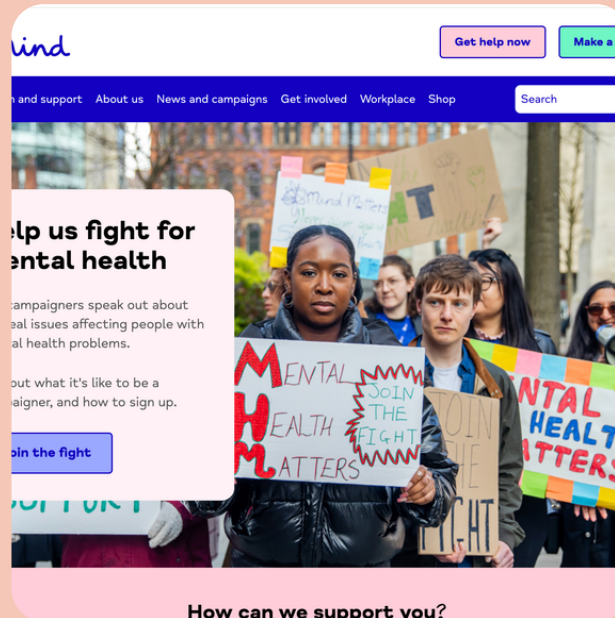
You might be Dyslexic? Take our free online test.

Feedback
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Employment
Videos

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DONATE NOW

Helpline: 0151 70715



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

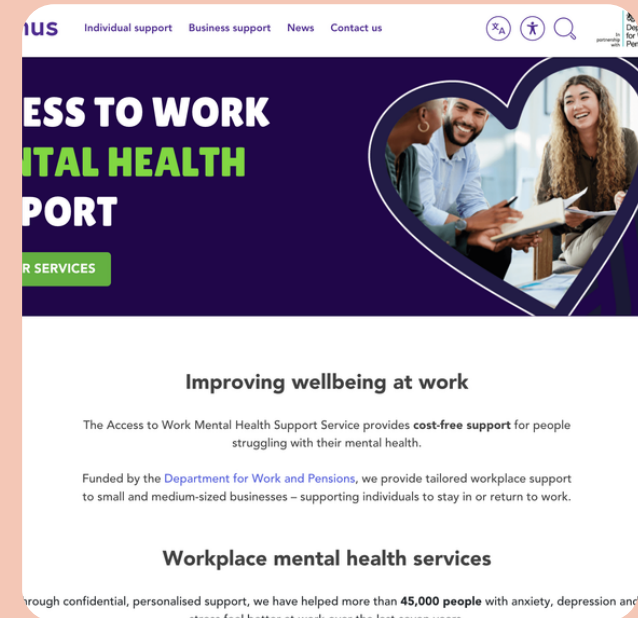
Help us fight for mental health

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

Find out 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

MENTAL HEALTH SERVICES

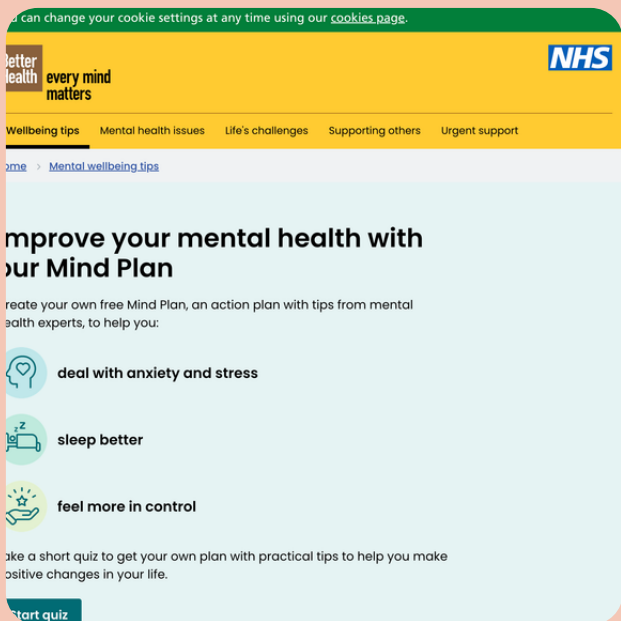
Improving wellbeing at work

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](#)

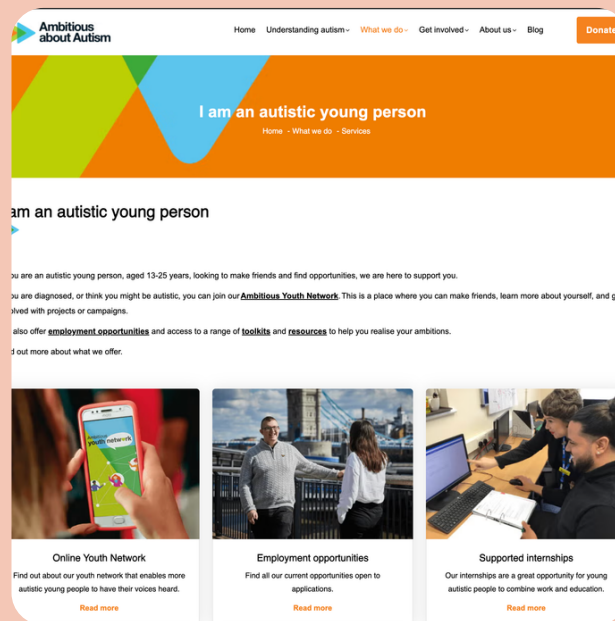
Improve your mental health with your Mind Plan

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](#)



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

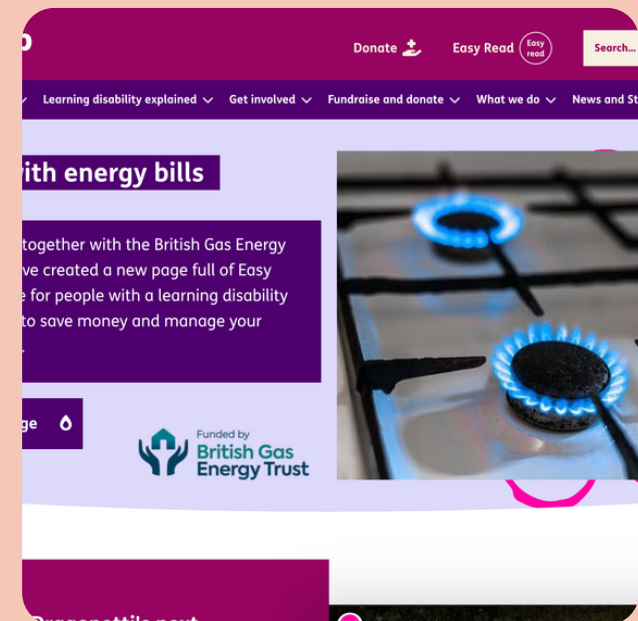
You are an autistic young person, aged 13-25 years, looking to make friends and find opportunities, we are here to support you.

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](#)



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 have created a new page full of Easy Read guides for people with a learning disability to save money and manage your energy bills.

British Gas Energy Trust

Dragonetti's next