

SENDIASS

Special Educational Needs and Disability  
Information, Advice and Support Service



# Getting help in further education

## An easy-read guide for young people



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# Section 1. Introduction



**Getting the right help and support is important to help you reach your future goals.**



**Everyone is different, so the help and support that they need is different too.**

**Some people need more support than others.**



**You can ask for help if you think you might need it.**



## Section 2. Who can help?



**Your education setting or provider should have people you can go to for support.**



**They are sometimes called 'Student Support', 'Learning Support' or 'SEN Team'.**



**You can talk to them about what you find difficult.**

**You can also talk to them about anything you are worried about.**

## Section 3. What is SEN Support?



**SEN Support is the term used to explain the process of planning and checking support.**



**Further education settings follow an ongoing cycle of: assess, plan, do, review.**



**Bespoke or alternative settings may not follow this cycle – you can contact SENDIASS for more advice on this.**



# 1

## Assess - finding out what your needs are



**You can share what you find hard and what help you think you need.**



**It is important that people listen to you.**



**Information from your parents, doctors or other people might be important to include.**

# 2

## Plan



**Together you will agree what you want to achieve.**



**What you want to achieve is sometimes called aspirations or outcomes.**



**Together, you will agree your support plan.**

## Getting help in further education



Settings have different ways of doing this.  
It might be called something like:



A support plan



A pupil passport



An individual learning plan



After agreeing your plan of support,  
it is important to set a date to review it.



At the review, you update your support plan.



3

Do



**Your support plan will be shared with tutors and other people who support you in your setting.**



**The setting should make sure the agreed support is in place.**



What help can I expect?



Some examples of things that might be included in someone's SEN Support plan are:



Walk and talk



Calm time or sensory breaks



**Journal or doodle book**



**Accessible information (for example, easy-read)**



**Support to organise work.**



**More time to complete work.**



**Everyone is different – it is important the support is right for you.**

# 4

## Review



**The setting should regularly review the support in place.**

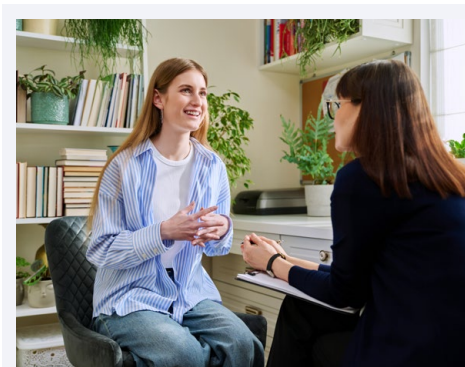


**You will get the chance to say what is working well or if anything in your support plan needs to change.**

**My aspirations & outcomes**



This includes any changes with what you want to do in the future (your ambitions and aspirations).



If the support in your plan is not helping you to learn, the setting could ask for help from specialist services.



For example, an educational psychologist or specialist support service, mental health or other therapist.



You could also request an Education, Health and Care (EHC) needs assessment



## Section 4. Disabled students



**If you are disabled, the law says that your education provider must make 'reasonable adjustments' to help you learn and take part in activities.**

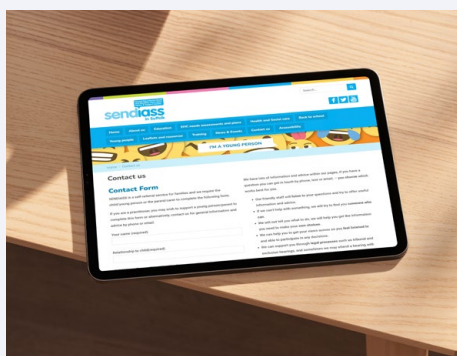


**Reasonable adjustments are small changes that help people with a disability be treated equally.**

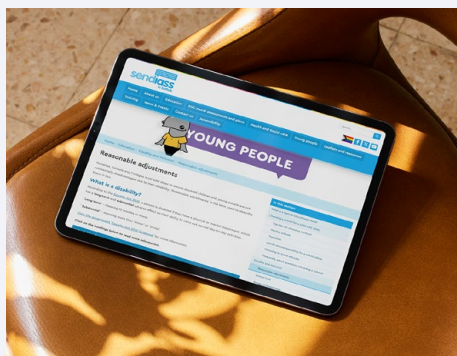


**You can talk to staff about what adjustments would help you.**

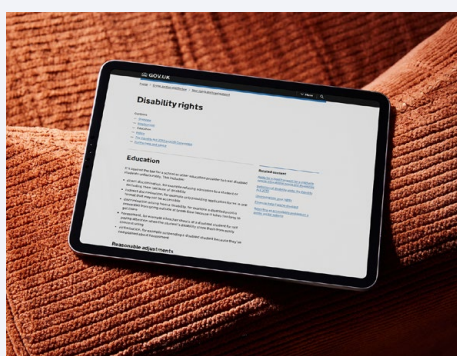
## Section 5. Useful links



You can find out more information about reasonable adjustments, SEN Support and EHC needs assessments on the [SENDIASS website](#).



SENDIASS information explaining 'What is a disability?' within the Equality Act 2010: [Reasonable adjustments - Suffolk SENDIASS](#)

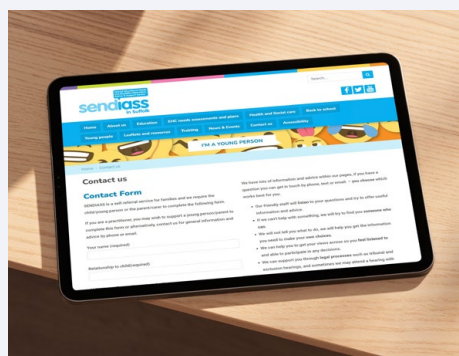


Government guidance – Disabled rights in education  
[Disability rights: Education - GOV.UK](#)

## Section 6. How to get in contact with us



If you have any questions about getting support in education, you can contact SENDIASS.



You can fill in a web form:

[suffolksendiass.co.uk/contact-us](https://suffolksendiass.co.uk/contact-us)



You can e-mail us:

[enquiries@suffolksendiass.co.uk](mailto:enquiries@suffolksendiass.co.uk)



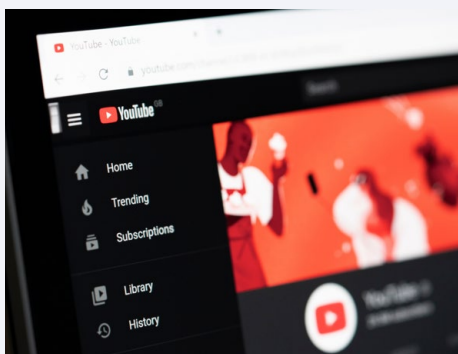
**You can text us:**

**Text ADVICE4ME to 87007**



**You can call us:**

**01473 265210**



**You can watch our videos on YouTube:**

**@suffolksendiass7456**



**Scan the QR code with your phone to  
visit our website.**



If you need help to understand this information in another language, please contact us.

**A co-production group worked together to make this easy-read document. We created this document as people who are:**

- “Passionate, approachable and dedicated”
- “Chilled, relaxed, kind, helpful, committed and caring”
- “Supportive and kind with a good eye for detail”
- “Kind, generous, funny, caring and committed”



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