

Preparation for Adulthood (PfA)

A guide for young people with Special Educational Needs and Disabilities (SEND) from North Yorkshire

This PfA guide is full of links and tips.

Different parts of the guide are useful at different times, so we hope you keep coming back to it when you are at different stages of getting ready to become an adult.



Contents

click on the topic you want to go to

Welcome to the PfA Guide!	3	Health	45
Education and employment	4	What does 'being healthy' actually mean?	46
What to think about and when!	5	Eating healthy	47
Secondary School.....	6	Mental health	48
Preparing for 16+	10	Help for your mental health.....	49
Young adults (19-25 years old) 18+	15	Help for your physical health.....	50
Where to go for more support	22	Sexual health	51
Independent living	23	Contraception and safe sex.....	52
Your travel.....	24	Relationships	53
Your money	25	Identity	54
Your home.....	27	Sexuality	55
Your care.....	31	Vaccinations	56
Leaving care	33	Moving into adult healthcare.....	57
Understand your rights.....	34	What healthcare is available to you?	58
Making decisions.....	35	Prescriptions.....	59
Wills and inheritance.....	36	Where to go for more support	60
Where to go for more support	37	This guide has been co-produced by.....	61
Friends, relationships and being part of your community	38	What to do if you want to know more about PfA!	62
Things to think about when joining a group or club.....	39	What does that word mean?	63
What is out there in your community?.....	40		
Helping out for free.....	41		
Staying safe online	42		
Other information	43		
Where to go for more support	44		

Welcome to the PfA Guide!

This guide has four different areas:

-  Education and Employment
-  Independent Living
-  Friends, relationships and being part of your community
-  Health

Each area gives suggestions of how you can prepare yourself and what support is out there to help you.

The guide was co-produced by Flying High, Parent Carer Voice, SENDIASS and North Yorkshire Council, we hope you find it useful, if you have any feedback about the guide please contact sen@northyorks.gov.uk.



Education and employment

Everything you need to know about learning and work!



What to think about and when!

- If you have an EHCP, you will have an Annual Review (meeting) that includes PfA aims
- If you are on SEN Support your IEP should include PfA aims
- Choose your subjects (options)

Year 9

Age 13-14

Year 10

Age 14-15

Year 11

Age 15-16

Year 12 & 13

Age 17-19

Young adults

Age 19-25

- Last year when you have to go to school
- Apply to sixth form or college courses (if you have an EHCP you will need to apply by March 31st)

- If you need support in adulthood then prepare for moving into adult services
- Review your 18 plus options

- Agree your Exam Access Arrangements (getting extra help and support with exams)
- Start looking at options for when you're 16 plus
- Try and get some work experience

- You **MUST** continue in education or training until your 18th birthday
- Try and get some work experience
- Start looking at your options for when you're 18 plus and apply for your chosen option

Secondary School



Age 13-14 (Year 9) SEN Support and EHCP reviews

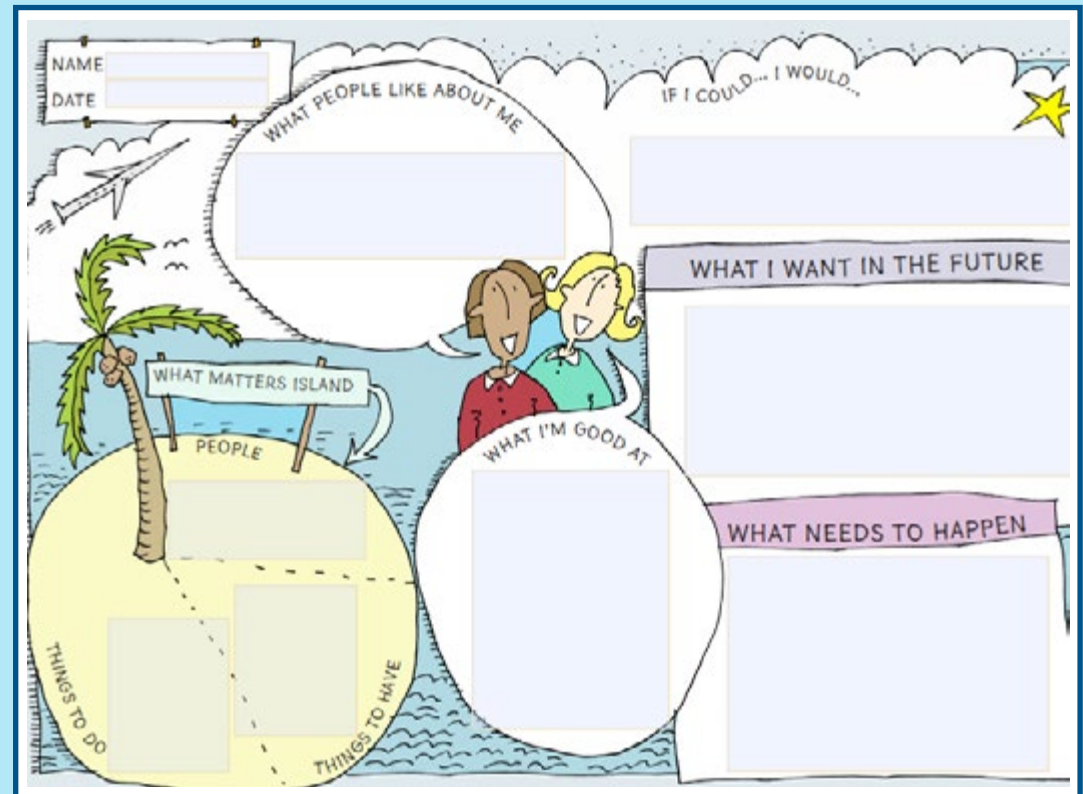
Preparing for adulthood and your review

Your Year 9 review meeting should be all about you and what is important in your future. There are lots of tools to help you get ready for your meeting.

Here are some links to help you and the people who support you:

- [What Matters Island - YouTube](#)
- [What Matters Island](#)
- [Person-centred Planning](#)

At your Year 9 review PfA objectives and outcomes must be included.



School subjects and options

GCSE's - some of these like Maths, English and Science have to be done and some you can choose.

Entry level qualifications - are closely linked to the National Curriculum but also cover work and life skills. Assessment for these can be written, spoken or practical.

Choosing your options

Functional skills qualifications - support the development of practical skills in English, Maths and ICT. There is a focus on explanation and problem-solving, with a choice of assessment methods.

BTEC qualifications - are job and work-related courses, designed around the job and skills employers need. They allow students to progress to further and higher education or into employment.

Age 15-16 (years 10 & 11) access arrangements for exams

You may be allowed extra time, a computer or a smaller individual room to help you take your exams.

Speak to your SENCO or examinations officer if you think this would help you.

For example:

- If you usually have someone to help you read and write, they would be able to do this in an exam.
- If you have dyslexia, you may require extra time for a written exam but not for a practical one.



Preparing for 16+



Things to think about when preparing for your future 16+

Enjoyment: Will you enjoy your course and will it help you get the job you want?

Money: will it cost you anything? Are there any grants to help you?

Regular Support: What extra support do you need and will you get it (will your EHCP continue, if you have one)?

Transport: how will you get to where you need to be? How long will it take? How much will it cost?

Moving on support: What sort of support will you get to help you move to your new education provider?

Trusted adult: Will you want or need someone to help you at meetings? If so who?

16+ options

Supported Internship	Apprenticeship	Further Education	Personalised learning colleges
<p>Good points:</p> <ul style="list-style-type: none"> • real work experience • have to have an EHCP • minimum of 26 weeks on work placement • useful experience to add to CV 	<p>Good points:</p> <ul style="list-style-type: none"> • some professional qualification • paid • training for a specific job • can gain degree • can study degree after scheme 	<p>Good points:</p> <ul style="list-style-type: none"> • some professions require A-levels or a degree • maximum career flexibility • can work part-time • emphasis is on education and learning 	<p>Good points:</p> <ul style="list-style-type: none"> • specialist bespoke learning
<p>Things to think about:</p> <ul style="list-style-type: none"> • unpaid • 12 months commitment • no guarantee of a job 	<p>Things to think about:</p> <ul style="list-style-type: none"> • Not for all jobs • working while studying can be challenging • can limit career path • no job guarantees afterwards • Lots of competition for places and jobs 	<p>Things to think about:</p> <ul style="list-style-type: none"> • requires certain level of GCSE qualification • can take a long time • student finances • no guarantee of a job afterwards 	<p>Things to think about:</p> <ul style="list-style-type: none"> • very specific criteria for gaining a place, this includes having an education, health and plan

Top tips for preparing for 16+

Think early about what skills you could build.

It's worth looking into what colleges can offer, some will run job related courses which will help to get you into an industry at the end of it.

Talk to your families or support workers about what interests and skills you have, and what you would like to do next.

Do you feel confident enough to start work, or would you benefit from a college course or some training before work?

Legally all schools and colleges must have someone who provides careers guidance to students. You can speak to your school or college to find out who provides careers guidance.

There is no free transport after Year 11. Follow this link to apply for subsidised travel.

[School and college transport - North Yorkshire Council](#)

Legal matters

Decisions about EHCP

When you reach 16 years of age, all rights related to EHCP transfer from your parents to you, the young person. You can still ask your parents/carers to help you make important decisions.



Young adults (19-25 years old) 18+



18+ options

University	Apprenticeship	Get a job	Own business	Supported internship
<p>Good points:</p> <ul style="list-style-type: none"> • You need a degree to get some jobs • Maximum career flexibility • can work part-time • Can gain work experience in summer holidays 	<p>Good points:</p> <ul style="list-style-type: none"> • some professional qualification • paid • training for a specific job • can gain degree • can study degree after scheme 	<p>Good points:</p> <ul style="list-style-type: none"> • great understanding of job • Earn money sooner • Can try different jobs • No student loans • Could work and study part-time, Employer could help sponsor your course 	<p>Good points:</p> <ul style="list-style-type: none"> • Learn lots of skills • Can earn a lot of money • Can be very exciting 	<p>Good points:</p> <ul style="list-style-type: none"> • Real work experiences • Just for young people with an EHCP • Minimum 6 months • Useful experience to add to CV • Training provided
<p>Things to think about:</p> <ul style="list-style-type: none"> • You need A-Levels or similar to get a place. • Qualifications for some jobs may take along time. • It costs a lot of money that you could be paying back for many years. • No guarantees of job at the end of it. 	<p>Things to think about:</p> <ul style="list-style-type: none"> • Not for all jobs • working while studying can be challenging • can limit career path • no job guarantees afterwards • Lots of competition for places and jobs 	<p>Things to think about:</p> <ul style="list-style-type: none"> • Start a job at entry level salary • You may need to study a course to progress • Skills learned may not be suitable for other jobs in future • May need to compete with more qualified people who want the same job 	<p>Things to think about:</p> <ul style="list-style-type: none"> • Difficult to find the money to start the business • High chance of failure • Can be difficult to become an employee afterwards • You may not be taken seriously because of your age 	<p>Things to think about:</p> <ul style="list-style-type: none"> • Unpaid • Minimum of 6 months • No guarantee of a job

University

For information on university courses, please see the UCAS website: www.ucas.com

If I go to University would my EHCP stop?

If you are studying a course at Level 4 or above, your EHCP will stop, and it is the responsibility of the local authority to pass on the information from your EHCP to the university.

Universities have a duty to make reasonable adjustments.

Each university will offer different support, please see individual universities for the support they offer.

Things to think about when going away to University:

- Go to the open day and have a good look around
- Speak to the learning support department and see what support is available for you.
- Choose the type of accommodation carefully, think about accommodation that provides all or some of your meals.
- Think about staying closer to home so you can visit your family and friends more often.
- Apply for Disabled Students' Allowance to help with the cost.



University - Money to help

Disabled Students' Allowance (DSA) is money to cover the study-related costs you have because of a mental health problem, long term illness or any other disability.

This can be given on its own or in addition to any student finance you get. The type of support and how much you get depends on your individual needs - not your household income. You do not need to pay back DSA.

Do not buy any equipment until you've been assessed - you will not be reimbursed for it.

To apply for DSA [Help if you're a student with a learning difficulty, health problem or disability: How to apply - GOV.UK \(www.gov.uk\)](#)



Employment

Interview and job seeking support



[Job Centre Plus Disability Employment Advisers](#) - You can speak to one of Job Centre Plus's Advisers about looking for work, and they can tell you about training and skills, and let you know about disability friendly employers in your area.

[Job Centre Plus Work and Health programme](#) - Work Choice is a voluntary programme for disabled people to help them find work by giving them training, interview coaching and skills development.

[Mencap's employment services](#) support people with a learning disability to develop the skills and confidence needed to get a job.

[NYC's Supported Employment team](#) can help people who have eligible care needs to find employment. The Supported Employment team give a personalised approach to provide the extra help and support you might need to find the right job.

The [Work and Health Programme](#) helps you find and keep a job if you're out of work. Talk to your work coach to see if you're eligible (if you don't have a work coach, go to your local Jobcentre Plus and ask to speak to a work coach about the Work and Health Programme).

Help at a job interview and when in work

You can apply to get money for helping you at a job interview or when you have started work through [Access to Work](#). You can use this if you:

- are deaf or hard of hearing and need a British Sign Language interpreter or lip speaker
- or
- have a physical or mental health condition or learning difficulty and need communication support.

[click here to check if you are eligible](#)

If you think you have been treated unfairly when applying for a job contact the [Equality Advisory Support Service \(EASS\)](#) helpline

Telephone: 0808 800 0082

[Online contact form](#)

[NYC's Supported Employment team](#) can help people, who have eligible care needs, in getting ready for interviews and getting to interviews.

You can ask for extra help from your [Disability Employment Adviser](#) from the JobCentre Plus about interviews.



Ending an EHCP

One of the reasons for not continuing an EHCP is if you no longer require the special education or training provision specified in the plan.

When making this decision for someone aged 19 or over, the local authority must consider whether the education or training outcomes specified in the EHCP have been achieved.

You cannot end the EHCP simply because the individual is aged 19 or over. When you are close to finishing your education and training, the local authority should use the final annual review to agree on the support needed to help you engage with adult services before ending your EHCP.



Where to go for more support

If you go to a school or college, you should first talk to your teacher. If they can't help speak to the SENCO or Headteacher.

If you need more help then you could speak to:

- [SENDIASS](#) give advice.
- [Parent Carer Voice](#) are a Parent/carer support group for families with a child or young person with SEND.



Independent living

This section will give you ideas to help you become more independent.



Your travel

Independent travel training can be offered through school or other organisations.

There are Apps to make travel easier e.g. [Click here](#) for the UK Bus Checker on the Apple App Store.

[Click here](#) to access information about Driving and using public transport if you have mobility issues.

Travel assistance - help offered on trains and planes

- [Click here for information about assisted travel on trains](#)
- [Click here for information about assisted travel on planes](#)



If you need North Yorkshire Council (NYC) to arrange transport when you start at a 16+ setting then you will need to apply each year and will need to pay towards it, [click here to apply](#).

Your money

Looking after it

Start learning about money - Lots of the High Street banks offer free on-line training about money. We do not recommend one bank so please look at the other banks' websites, as an example [click here](#) to go to the Barclays Life Skills site.

When you are 11 or over, you can open your own bank account, when you are a child this helps you learn how to look after your money. We do not recommend one bank so please look at the other banks' websites, as an example [click here](#) to go to the Starling Bank webpage.

Pre-paid cards can be a good way to for children from the age of 6 to learn about looking after money. There are lots of different types, some of them charge a monthly fee. We do not recommend one pre-paid card so please look at the other pre-paid card websites, as an example [click here](#) to go to the HyperJar pre-paid card webpage.



Your money

Some facts

You might be able to get some money from the government to help you. This money is called 'benefits', please [click here](#) to find out more information about benefits.

When you are 16 years old or older you become responsible for your benefits (see '[Making Decisions](#)' section)

If you have a carer, then a Carers Assessment gives them the chance to get some money for the caring they do, [click here](#) for more information.

If you have a carer, you might be able to get Direct Payments. This money can pay for things like having someone to take you to clubs etc. [Click here](#) for more information.

Your home

Housing options

Social housing is housing that is owned by the local council or a housing association. [Click here](#) for more information.

Private landlord is when you pay money to someone or a company who owns a property. It might be a room in a house.

Home ownership is when you borrow money to buy a house and pay the money back over many years or you buy the house with savings or you could inherit a home when someone dies.

Homeshare is when a disabled person invites someone to live with them in return for some support. The 'homesharer' has their own room in the householder's property. They give support with things like cooking or socialising. [Click here](#) for more information on homeshare and independent living.



Your home

Housing options (continued)

Home ownership for people with long-term disabilities (HOLD). This is a specific type of shared ownership to help people with a disability to own their own home. It is run by some housing associations. [Click here](#) for more information.

Shared ownership - a housing association owns part of your home and you own the rest. You have to pay rent to the Housing Association for the part you do not own and pay the mortgage, if you have one, for the part you do own.



Your home

Housing options for those with a social care assessment

Extra care housing is when you are living in your own home with 24-hour care and support available on site. [Click here](#) for more information.

Residential care homes - you have a bedroom in a building shared with a number of other people. 24-hour care will be provided on site as will meals. [Click here](#) for more information.

Supported living and sheltered housing - There are lots of different types, some of which come with help from support staff. [Click here](#) for more information.

Shared lives schemes - you are matched with a host family. You share family life and live with, or near to, the host family. [Click here](#) for more information.



Your home

More useful information

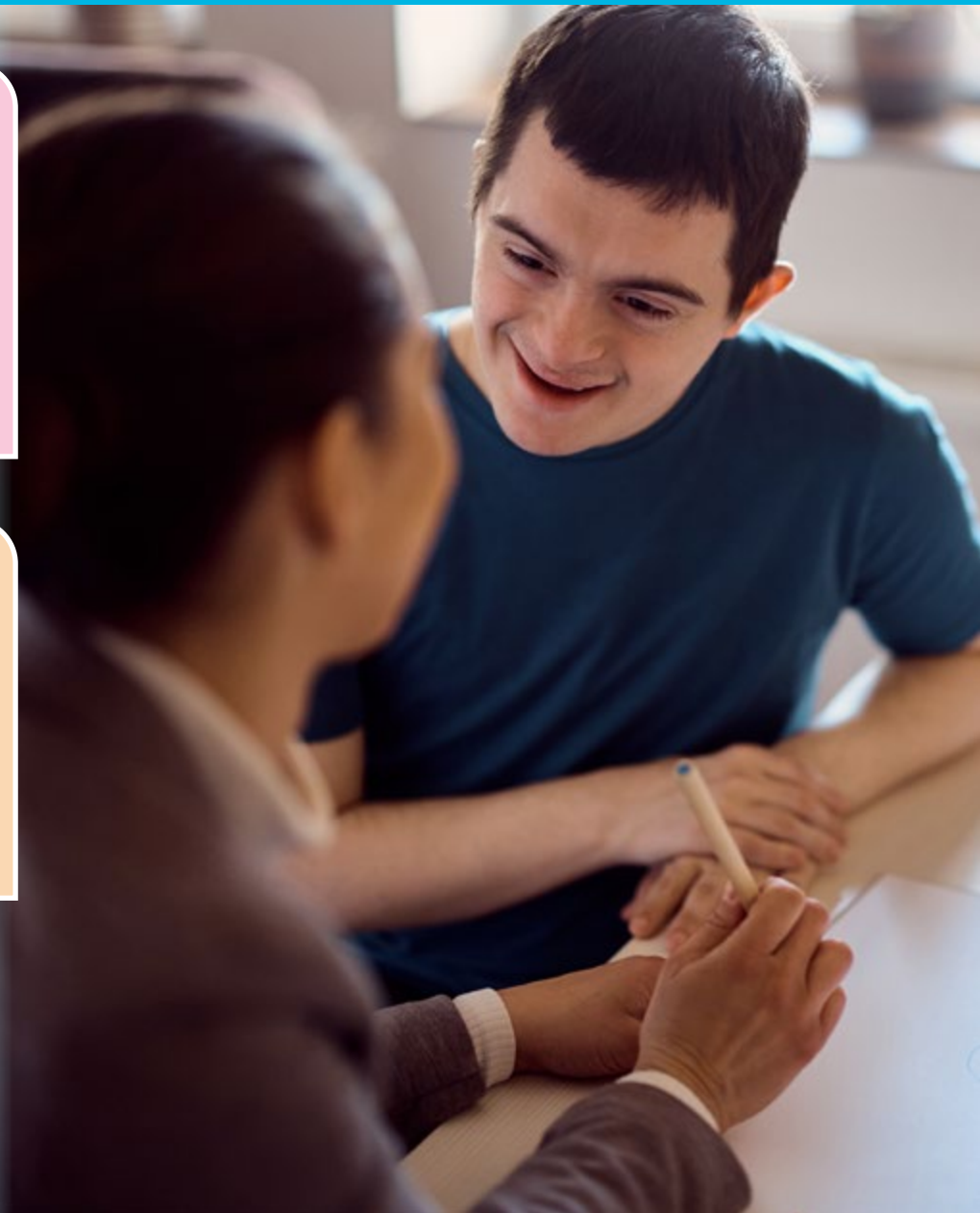
The 'Finding a home and support service' leaflet by Learning Disability Board contains useful information relating to housing and support services, it has been written for Hambleton and Richmondshire area with a lot of the information useful for those living in other areas too. [Click here](#) to see the leaflet.



Your care

If you have an EHCP, this plan will bring together your education, health and social care needs, or you may have a Health Care Plan for your health needs. If you're 18 or over, and you already receive Health or Social Care your social workers will help you transfer into Adult Social Care. [Click here](#) for more information about this process.

Because you are no longer a child you may need to start paying for your care. An assessment of your finances will be done to work out whether you need to pay for your care. [Click here](#) for more information about the financial assessment. [Click here](#) for information about what you should expect to pay.



Your care (continued)

If you're 18 or over, and you feel you need some social care support then you can ask for a Social Care Needs Assessment, this is where your needs are looked at to see if you need some help. [Click here](#) for more information

For advice and support with daily living please [click here](#) to visit an online self-assessment tool.

Leaving care

If you're leaving care then you can get lots of useful information and support by download the Linking Lives app onto your phone.



Understand your rights

[Our Human Rights Act in 2 minutes - YouTube](#)



Making decisions

Family members or carers can help you make decisions.

Some of the ways that family members or carers can apply to represent you or be your advocate:

- **Appointeeship** is when someone gains the right to deal with your benefits, when you turn 16. [Click here for more information.](#)
- **Deputyship** is when someone makes decisions for you. [Click here for more information.](#)
- **Power of attorney** is a legal documents that lets you appoint one or more people to help you make decisions or to make decisions on your behalf. [Click here for more information.](#)

Mental Capacity Act (MCA) (2005) protects and empowers people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 years and over.

- View an 'easy read' version of this document [click here.](#)
- View this document in full [click here.](#)

Wills and inheritance

If your parent/carer thinks you will inherit something then it would be good to discuss this with Mencap or scope to reduce the effect that this inheritance will have on your support package.

See this [YouTube video](#) produced by Mencap for more information about this.

There is a lot of information about trusts and wills on the internet. Please [click here for some information from Scope](#) or email Mencap at willsandtrusts@mencap.org.uk

Where to go for more support

If you need further support then you can contact:

- [SENDIASS](#) a confidential service that gives advice.



- [Parent Carer Voice](#) are a Parent/carer support group for families with a child or young person with SEND.



- [Contact](#) are a charity that support families, bring families together and help families take action for others [click here](#) to have a look at their website.

Friends, relationships and being part of your community


Finding activities and clubs is a good way to help maintain friendships and be part of your community. This section will help you find out more about how to get involved.



Things to think about...

when joining a group or club

Do you need support? Talk to someone you trust.



Transport:
how will I get
there and
back?

Help: will I
need extra
help?

Fun: will I
enjoy it?

Joining in:
can I fully join in
with everyone?

What is out there in your community?



[North Yorkshire Connect: click here](#) to go to their website to search for local groups, services or activities.

[Library: click here](#) to find out more.

[Local groups and support networks: click here](#) to find out more.

Scarboccia is an example of a sport club where everyone can fully join. [Click here to find out more](#) about the club.

Helping out for free

**North Yorkshire
Council's
volunteering page.**
[Click here](#) for
more information.



Staying safe online

[Social Media Safety: click here](#) to find out more from gov.uk

[Keeping children safe online: click here](#) to find out more from NSPCC

[Sexting: click here for advice](#) from NSPCC

[How to stop cyber-bullying: click here](#) for advice from UNICEF

[National Crime Agency: click here](#) for advice for young people and parents/carers about getting the most out of the internet.



Other information

[The Importance of Friendship Friends video](#)



Disability magazine Disability Horizons: giving disabled people a voice. [Click here for more information.](#)

Where to go for more support

If you need further support then you can contact:



SENDIASS a confidential service that gives advice.



Parent Carer Voice are a Parent/carer support group for families with a child or young person with SEND.

Contact are a charity that support families, bring families together and help families take action for others. [Click here](#) to have a look at their website.

NSPCC [Click here](#) for more information or call 020 7825 2505.

Childline [Click here](#) for more information or call 08001111.



CEOP Education (National Crime Agency) [Click here](#) for information, advice and resources about protecting children and young people from online sexual abuse.

Health

Achieving a healthy life transition: moving into adult care

Everything you need to know to keep your body and mind healthy.



What does 'being healthy' actually mean?

Take a look at some of the examples.

These are a few ways to keep your body healthy!

Mental

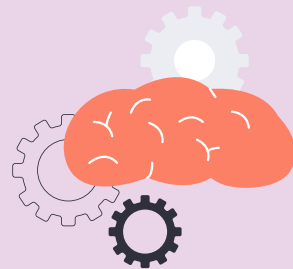
Good mood

Relaxed

Positive

Low stress

Motivated



healthy mind + healthy body

Physical

Healthy heart

Strong bones

Moving your body

Fitness

Good hygiene



= happy human

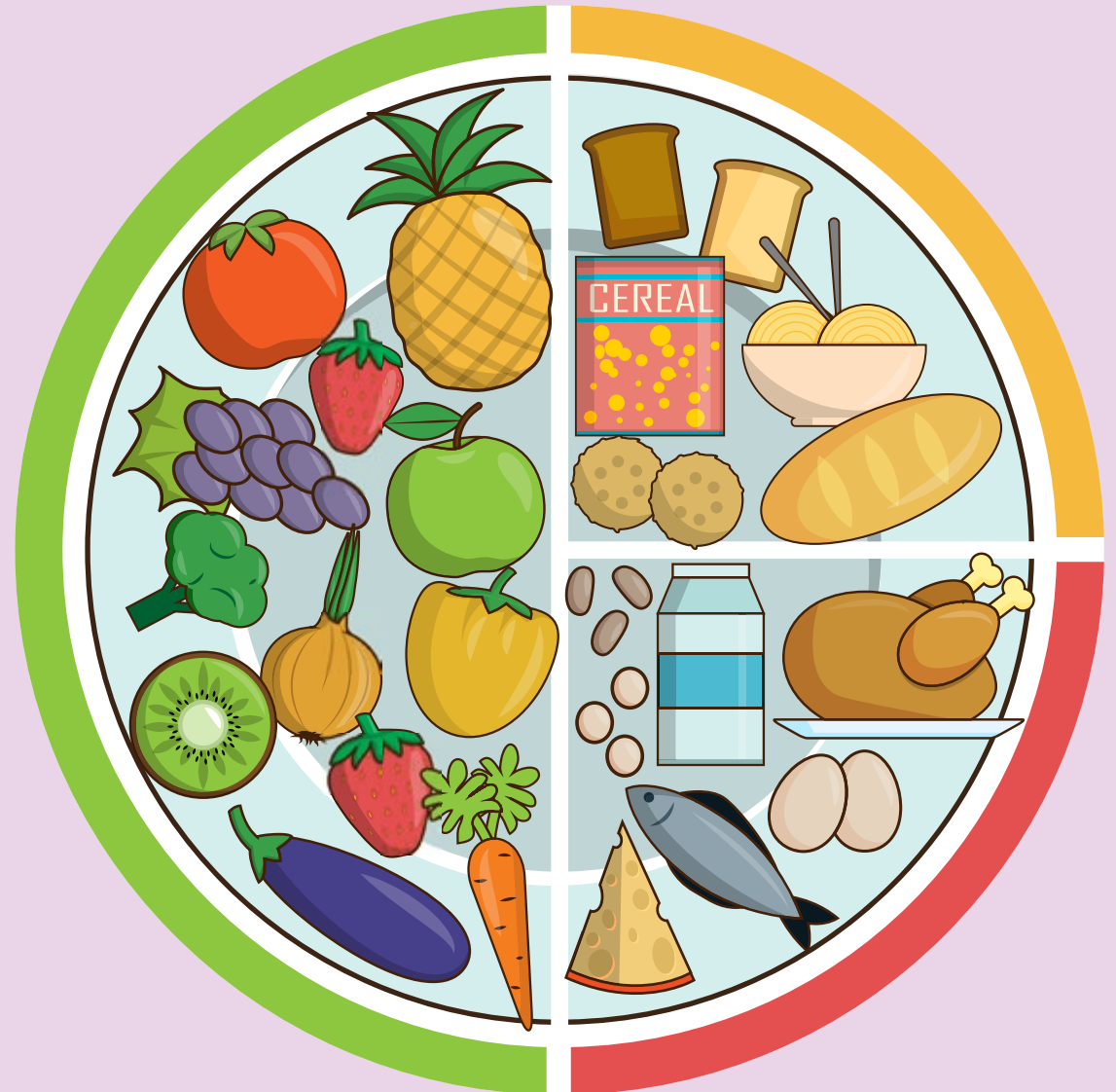


Eating healthy

It is important to have a balanced diet.

Try to have:

- 5 portions of fruit and vegetables each day
- high fibre foods like brown bread, brown rice/pasta
- some dairy (milk or milk based products)
- some beans, pulses, fish, eggs, meat and other protein
- plenty to drink.



Mental health

Some examples of good mental health:

- Having happy relationships with those around you
- Talking about how you feel
- Being positive about yourself
- Coping with difficult situations

It is ok to have a bad day, it doesn't mean you have bad mental health.

Remember

Getting outside and moving your body can make you feel much happier and improve your mental health.



Help for your mental health



**every mind
matters**

[Every Mind Matters](#)

The Go-To

For healthy minds in North Yorkshire

[Click here to visit the Go-To website](#)

[Click here to see the Go-To intro video](#)

[Find your nearest Mind
centre by clicking here](#)

[Information for young people on
looking after your wellbeing - Mind](#)

[Click here to go to Young Minds Help
With How I'm Feeling webpage](#)

Help for your physical health

Get active and use your local leisure centre!

- Bedale, Northallerton, Thirsk and Sowerby
[Zest](#)

- Scarborough, Whitby and Ryedale
[Everyone Active](#)

- Selby and Tadcaster
[Selby Leisure Centre](#)
[Tadcaster Leisure Centre](#)

- Skipton and Settle
[Craven Leisure Centre](#)
[Settle Swimming Pool](#)

- Harrogate, Knaresborough, Pateley Bridge and Ripon
[Brimhams Active](#)



[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Sexual health

Puberty

Puberty changes our bodies and that affect us all in different ways. You can find out what to expect by clicking the link below:

[Puberty information and advice](#)

Understanding and respecting our own and other people's bodies is very important. There are parts of our bodies that are private. You can say no to anybody, about anything you feel uncomfortable with, at any time.



childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 

[Click the link for information from Childline about sex and consent.](#)

Contraception and safe sex

If you have unprotected sex, there is a chance that you could become pregnant or catch a sexually transmitted infection (STI). [Click this link for some great advice](#) and information on from Brook, experts in sexual health and wellbeing, about the different types of contraception, how to use it and when to ask someone else to use it.

Sexual activity should only ever take place if both people want to.

Consenting is when you say yes for something to happen, and you should only ever do this if you feel happy to. [Learn about what consent means in different situations.](#)



Relationships

Having a Positive Relationship

Here are some examples of what a positive relationship looks like:

- Both people feel supported
- Both people get their own space
- Talk to each other
- Respect each other

[Click this link for more information](#)



Identity

What Is Gender Identity?

Gender is the word for human behaviour, actions and roles in relation to ideas of 'male' and 'female'.

The way you feel about your gender is called your gender identity.

[Gender identity information and advice.](#)



Sexuality

What Is Sexuality?

Sexuality describes how you express yourself in a sexual way. Part of your sexuality is your sexual orientation, which means who you are attracted to, want to have sex with and fall in love with.

[Sexuality information and advice.](#)



Vaccinations

There are certain vaccinations that reduce the chance of you becoming really unwell.

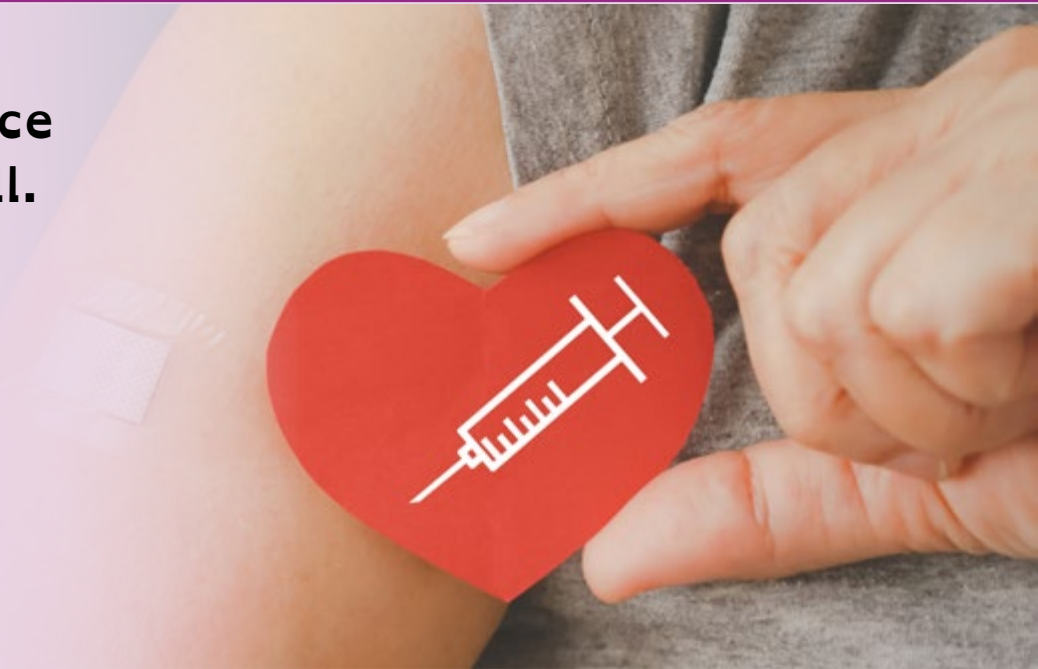
Flu Vaccine/nasal spray - One of these is the [Flu vaccine/ nasal spray](#). If you have a health condition or weakened immune system, it is important that you get a Flu vaccine or treatment every year.

COVID-19 - Covid is a very infectious respiratory disease caused by the SARS-CoV-2 virus. It can be very serious in people who have a weakened immune system. There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications. For more information go to the following website: [COVID-19 vaccination: guide for people with a weakened immune system - GOV.UK \(www.gov.uk\)](#)

HPV - Girls and boys aged 12 to 13 years (born after 1 September 2006) are offered the human papillomavirus (HPV) vaccine as part of the [NHS vaccination programme](#).

The HPV vaccine helps protect against cancers caused by HPV. For more information visit:

[HPV vaccine overview - NHS \(www.nhs.uk\)](#)



Moving into adult healthcare

Moving from children's health service into adult health services starts around the age of 13-14 and finishes by the time you turn 18. Here are some things you can do:

- Ask your doctor about the change to adult health services.
- If you have a disability, make sure your doctor has this on their records.
- Learn more about your disability or condition and any treatments you have.
- Prepare and ask questions at doctor's appointments.
- Take someone with you to your doctor's appointment.
- Find out who to call in an emergency.



What healthcare is available to you?

Free annual health checks are available to everyone who is over the age of 14 and on the learning disability register.

Contact your GP if you want to check that you are on this register.

Click here to find out about [What is the Learning Disability Register?](#)



Prescriptions

Who can get free prescriptions?

Free NHS prescriptions are available if:

- You are 16-18 and in full time education
- You have a valid medical exemption certificate (MedEx)
- You have a continuing physical disability that prevents you going out without help from another person and have a valid medical exemption certificate (MedEx)
- Are an NHS inpatient.

Click [here](#) to find out more.



Where to go for more support

Speak to someone you trust.

Call 111 to chat about medical problems.

Book an appointment with your doctor.

The NHS's Patient Advice and Liaison Service (PALS) can help when things go wrong with the NHS. Click this [link](#) to find out more.



This guide has been co-produced by



Special Educational Needs and Disabilities
Information, Advice and Support Service



What to do if you want to know more about PfA!

[Click here](#) to go to the North Yorkshire Council's SEND Local Offer. This is North Yorkshire Council's information hub for children and young people with SEND and their families.

To find out more about North Yorkshire's Core Offer to Care leavers, [click here](#).



What does that word mean?

Annual review	The yearly review of an EHCP.
EHCP Education Health Care Plan	Details the education, health and social care support that is to be provided to a child or young person who has SEN or a disability. It is drawn up by the local authority after an EHC needs assessment of the child or young person has determined that an EHCP is necessary, and after consultation with relevant partner agencies.
SEN Support	The way that schools assess the needs of children and young people and then provide support (does not include those with an EHCP).
SENCo	Special Educational Needs Co-Ordinator in education settings.
NYC	North Yorkshire Council