

UNIVERSITY OF SHEFFIELD

# EMET SEND Road Map KS5 - Y12-13

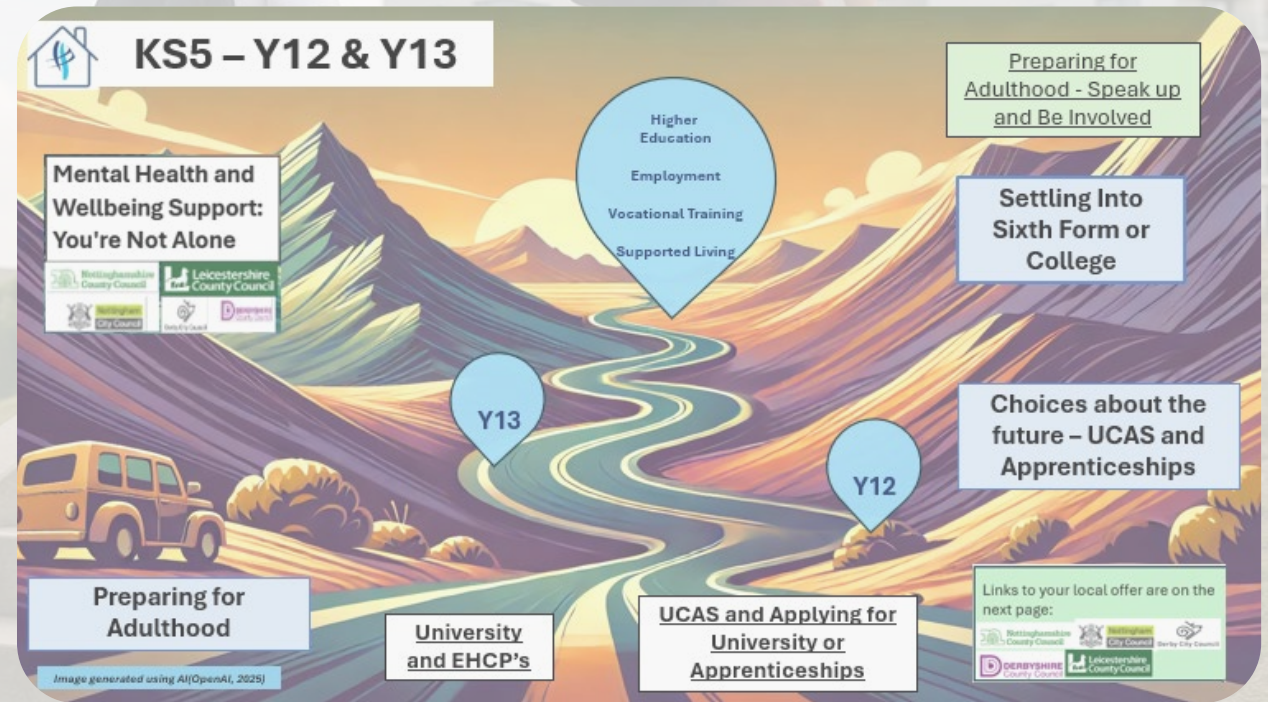
A supportive guide to navigating the SEND system and education with EMET, for parents and students





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## Introduction: EMET SEND Road Map

# Your KS5 Journey: Building Confidence, Independence and Direction

Moving from KS4 into KS5 is all about preparing for adulthood — building the skills, confidence and self-awareness you'll need for whatever comes next.

This roadmap highlights:

- **Milestones** – what to expect as you move through your post-16 journey.
- **Support** – how your teachers, mentors, and external partners can help you reach your goals.
- **Independence** – taking ownership of your learning, wellbeing, and next steps.
- **Partnership** – working alongside staff and families who are invested in your success.

Our aim is to help you leave school with **confidence, skills, and a clear sense of direction**, ready for education, training, or employment — and for life beyond school.



# KS5 – Y12 & Y13

**Mental Health and Wellbeing Support: You're Not Alone**



Higher Education  
Employment  
Vocational Training  
Supported Living

Preparing for Adulthood - Speak up and Be Involved

Settling Into Sixth Form or College

Y13

Y12

Choices about the future – UCAS and Apprenticeships

Preparing for Adulthood

University and EHCP's

UCAS and Applying for University or Apprenticeships

Links to your local offer are on the next page:



# EAST Midlands SEND Support: Your Local Authority Local Offer

## What is the SEND Local Offer?

The **SEND Local Offer** is a guide to services and support for children and young people with **Special Educational Needs and Disabilities (SEND)** in your area. It helps you find the right help quickly.

## What's included?



**Education** – Support in school, nursery, or college to help your child learn (e.g. help in class, support plans, EHCPs).



**Health** – Services like **speech and language therapy**, support for **mental health**, or help with medical needs.



**Social Care** – Help at home or in the community, including **family support**, **short breaks**, and **respite care**.



**Activities** – Local **clubs, groups, and events** where your child can make friends and build confidence.



**Advice** – Easy-to-understand information about things like **EHCPs, benefits, support services**, and your **rights as a parent**.

## Why use it?

- **Easy Access:** All services in one place.
- **Choices:** Clear options for support.
- **Help:** Know where to turn for advice.

Links to your local offer are on the next page:





# EAST Midlands SEND Support: Your Local Authority Local Offer

## Nottinghamshire:



[Nottinghamshire Early Years SEND Local Offer](#)

[Nottshelpyourself | SEND Local Offer](#)

## Nottingham City:



[Early Years - Nottingham City Council](#)

[Special Education Needs & Disabilities Local Offer | Ask Lion - Nottingham City Directory](#)

## Leicestershire:



[Leicestershire Early Years SEND information for parents](#)

[What is the Local Offer | Leicestershire County Council](#)

## Derby City:



Derby City Council

[Derby City Early Years SEND information for parents](#)

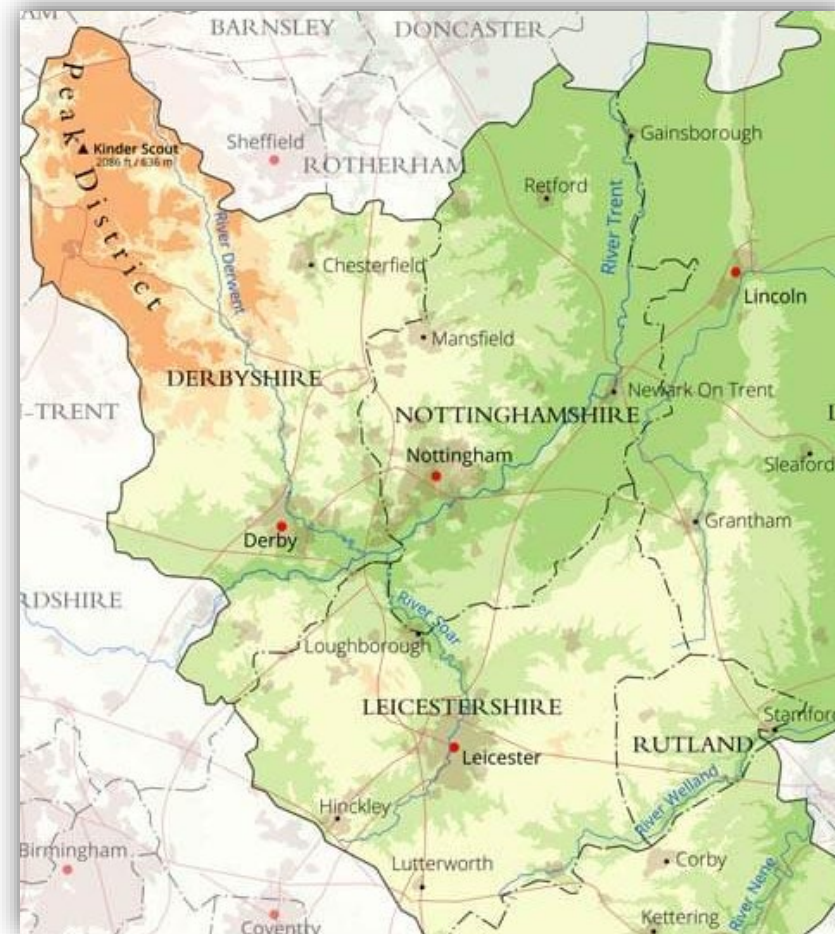
[Derby's SEND Local Offer - Derby City Council](#)

## Derbyshire:



[Derbyshire Early Years SEND information for Parents](#)

[Home - Derbyshire Local Offer](#)








# Preparing for Adulthood...

 **Nottinghamshire**  
 *Preparing for Adulthood  
– Local Offer*





 **Derbyshire**  
 *Preparing for Adulthood  
– Derbyshire Local Offer*



 **Derby City**  
 *Becoming an Adult –  
Derby SEND Local Offer*



Derby City Council

 **Leicestershire**  
 *Preparing for Adulthood –  
Leicestershire SEND Offer*



## Where to find advice:

Continued Next 



# ? Speak Up and Be Involved

- Ask to be part of your **EHCP reviews** or planning meetings.
- Use tools like **one-page profiles** or **person-centred plans** to help others understand what's important to you.
- If something feels confusing, ask someone you trust to explain it clearly.

## You're Not Alone

- You can get support from your school, college, social worker, or youth voice group.
- You can connect with others going through the same journey.
- There are people whose job it is to help you build the life you want.



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AI (OpenAI, 2025)

Continued Next 



# Becoming More Independent



**Independence Means Doing More for Yourself – Step by Step**  
Being independent doesn't mean doing everything alone—it means learning to do more with support when needed.



**What You Can Do:**



Practise planning your journey to college or training—ask about **travel training** or bus passes.



Use **tools that work for you:** phone alarms, colour-coded folders, or checklists.



Start managing your time—make space for work, breaks, and things you enjoy.



Set small personal goals like handing in homework on time or making your own lunch.



# Settling Into Sixth Form or College

You're starting something new—and it's your journey. Whether you're in sixth form, college, or a training programme, it's important to feel comfortable and confident



## .What You Can Do:

- Ask for a tour of the building or a map if you need one.
- Meet your **key adult, mentor, or support person.**
- Make sure you know **where to go for help**—don't be afraid to ask questions.
- If you have an EHCP or support plan, ask your support team to check that teachers and tutors know about it



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# Year 13 – Post-18 Transition


## **EHCP Annual Review**

- Final review focused on **preparing for adulthood**
- Invite adult social care, careers advisors, health professionals

## **Next Steps**

Planning for your next step - Support will be available to help with applications to:

- Further education
- University (inc. DSA application)
- Specialist provision
- Employment or training
- Supported Living



**HIGHER EDUCATION  
EMPLOYMENT  
VOCATIONAL TRAINING  
SUPPORTED LIVING**



# UCAS and Applying for University or Apprenticeships

Applying to university is an exciting step — and if you have SEND, planning ahead helps make sure you get the right support from the start.

## Before You Apply

- Choose a course that matches **what you enjoy** and **what you're good at** — this helps you stay motivated and confident.
- Research universities with strong SEND support.
- Visit open days and speak with the **disability or inclusion team** about what's available.

## When You Apply (UCAS)

- On your UCAS form, tick **'Yes'** to share that you have a disability or learning difference.
- This allows universities to plan support early.
- Ask your SENCO, teacher, or parent to help you complete this section if needed.

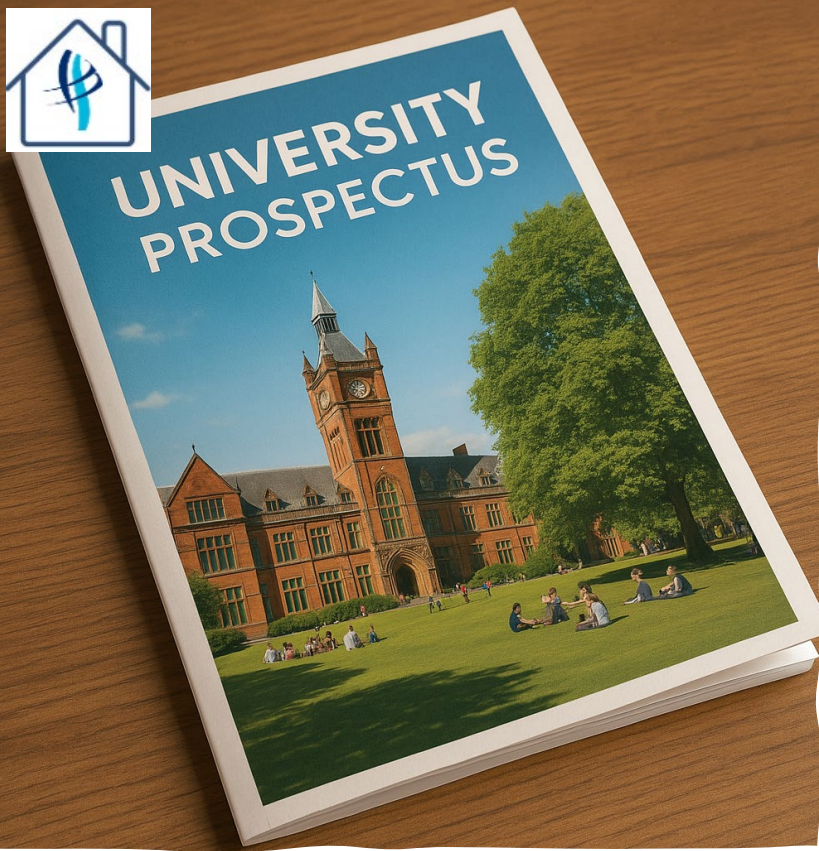
## After You Apply

- Contact the university's **disability team** to share your EHCP or reports.
- Ask about **Disabled Students' Allowance (DSA)** for specialist equipment or mentoring.
- Attend **transition visits or taster sessions** to help you prepare for change.

## Remember

- Your support doesn't stop after school — it just changes shape. By sharing what works best for you and choosing a path that plays to your strengths, you'll be ready to **study, grow, and thrive** at university.





# University and EHCPs

Transitioning to university is an exciting step, and for students with an **Education, Health and Care Plan (EHCP)**, it's important to understand how support continues into higher education. While EHCPs **end when a young person enters university**, the support they outline remains crucial in shaping the help available at the next stage.

## What Happens to an EHCP After School?

- EHCPs do **not continue** into university, but the **information and recommendations** within them help universities plan appropriate support.
- Universities have **legal duties** under the **Equality Act 2010** to make reasonable adjustments for students with disabilities or additional needs.
- The EHCP can guide discussions about what adjustments or assistive technology may be required.

## Applying to University (UCAS)

- When completing your **UCAS application**, it's important to:
- **Declare your disability or additional needs** on the form — this ensures early communication with the university's disability or inclusion team.
- **Share your EHCP** or professional reports to help staff understand what has worked well so far.
- Ask for a **transition meeting** to discuss academic, wellbeing, and accommodation needs before starting the course.

## Support in Higher Education

- Universities offer a range of support including:
- Disabled Students' Allowance (DSA) – funding for assistive technology, specialist mentoring or study skills support.
- Access to wellbeing teams, counsellors, and inclusion advisers.
- Flexible exam arrangements and accessible learning materials.



## Key Message

- Your EHCP journey doesn't end at university — it **evolves**. The plan's outcomes and strategies become the foundation for the next stage of support, ensuring you can **study, live, and thrive** independently.





# Wellbeing & Moving On

-  **Post-18 Support**
- Confirm whether the EHCP will continue
- Check ongoing support with health, education, and social care
-  **Emotional Wellbeing**
- Discuss any anxieties about leaving school/college
- Ensure support is in place for change
- Look at **EMET's Mental Health and Wellbeing Roadmap** for Further Support and Signposting

**Click on your LA below to find out about support in your area:**

