



autism
oxford uk

**NDC Post
Diagnostic
Workshop**

School

Week 9

Hello my name is.....

Margaret



Kate



Recap and Check-in



- How was week 8 – Camouflaging?
- How is everyone feeling?
- Any positives or learning points in the last week?
- It would be great if people want to share things as we go along.
- Remember this is a safe confidential space.

The School Environment



The school environment can be overwhelming for many autistic/ADHD students. There are multiple things that can add to young people feeling unsafe, heighten their anxiety and working harder than their peers to get through their school day.



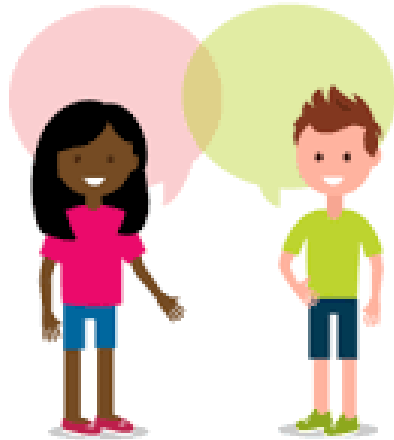
The School Environment



- Sensory input
- Overstimulation and understimulation
- Camouflaging to fit in with peers

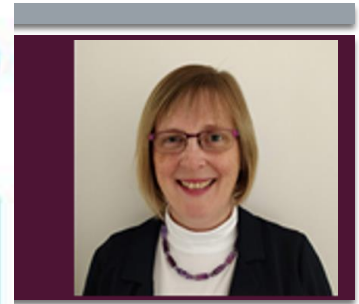


The School Environment



- Transitions and sudden change
- Communication
- Information Processing

The Coke Bottle Effect!



On the normal route to school there is a road closure...we have to go another way!



There is a substitute teacher in class today and I didn't know!

My best friend is off sick today. Who do I play with in the playground? How do I start a conversation with someone new?



Lunch time is here! The canteen is so noisy, the lights are bright and there are lots of smells...



Supporting Your Young Person



- Plan visits and phased entry. Visit the school at least once with your child before they start
- Visual supports can help your young person to understand what will be happening

Supporting Your Young Person



- Use social stories
- Prepare in the current setting
- Communicate with SEN team



School "refusal"



Anxieties around school can be very difficult for everyone as the impact often extends into the wider family routine, such as work commitments for parents.

Keep in mind co regulation vs co escalation.

Investigate the reasons around school being too hard? Are there simple changes that can be made?

SEN Support



If your child is struggling at school, you can ask them to be assessed for support under the SEND code of practice.

Your child should then be assessed by their school SENCO under the domains highlighted in the SEND code of practice;

- communication and interaction
- cognition and learning
- social, emotional and mental health
- sensory and physical needs

You could try the updated SEN support for around 6 months to see how your child progresses. You could ask the SENCO for monthly reviews or updates about progress against targets.

If your child is not meeting their targets with this support, talk to the SENCO about applying for an EHC plan.

EHCP (Educational Health Care Plan)



An Educational Healthcare Plan (EHCP or EHC) is a legal document that sets out the education, health and social needs of a young person who requires extra support with their education beyond what the school can provide.

Previously this was known as a "Statement of Special Educational Needs".

How the system should work- SEN/EHCP

Parents' experiences of getting support for their child often varies.

If your child finds it harder to learn than other children their age, they can get support for their:

- communication and interaction
- cognition and learning
- social, emotional and mental health
- sensory and physical needs

Most children who get an EHC plan have Special Educational Needs (SEN) support first. If the school thinks that your child is not making 'expected progress' with SEN support, they should help you to apply for an EHC assessment.

To get an educational, health and care (EHC) needs assessment, you need to apply to your local authority. Your local authority must consider your application, even when your child's school does not support you. You do not need a report from an educational psychologist, but it can help.



Preparation If You Are Applying For An EHCNA

- Find out how your school thinks your young person is doing?
- Find out what levels your young person should be achieving.
- What medical assessments has your young person had or waiting for.
- What education assessments has your young person had or waiting for?
- Take time to prepare your application and build the evidence (including evidence from your young person).
- Get help- SENDIASS is a free service locally who can support parents through this process.



Useful Links

- Additional free advice and support can be gained from the family's local Special Educational Needs and Disability Advice Support Service:
<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer/information-advice-and-support-parents-and-children-about-sen/sendiaass-oxfordshire>.
- Information on how to request an EHC needs assessment can be found here: <https://www.ipsea.org.uk/ehc-needs-assessments>.



Thank you