

Children and young people who need extra help with learning may need an Education, Health and Care plan. Sometimes these are called EHC plans. This guide explains more about EHC plans.

## **What is an EHC Plan?**

An EHC plan says in writing what help you need in school or college, what your goals are and what support must be given to help you. Your teachers and other people who help you in school or college can use the EHC plan to make sure you are getting the right support. It includes information from Education, Health, and Social Care professionals who are involved in your support. Everyone will have a different EHC Plan because it is all about YOU, and everyone is different.

It will have information like:

- Who you are.
- How you communicate.
- What you want to achieve.
- Why you need help with things.
- What kind and amount of support you need, and how often you must get it.
- Where you go to school or college.

Once this support is written down in the plan, it must be given to you.

## **How will my EHC Plan be used?**

All the people that support you will be able to see your EHC plan. It should help them work together to support you. You have the right to say what kind of information you think should be in your EHC plan and who you want to see it. Each year your EHC Plan will be checked by you and the people who support you. This is the time to make any changes to you plan and is called an Annual Review.

## How long will I have an EHC plan for?

EHC plans can carry on until you are 25 years old.

Your EHC Plan will stop if:

- You go to University.
- You get a job.
- The local authority think you do not need it anymore.

The local authority is sometimes called the LA or the council. In Milton Keynes the SEN Team decides which young people need an Education, Health and Care plan. They might say that you do not need an EHC plan anymore if you have achieved all of your outcomes and no longer need support.

## I think I might need an EHC plan, how do I get one?

The first step is to ask for an EHC needs assessment. The people who can ask for an EHC needs assessment are:

- You
- Your parent or carer
- Your school or college

To ask for an EHC needs assessment you need to contact the SEN Team. The SENDIAS young people factsheet 'Education, Health and Care needs assessment explained' will tell you how to ask for an EHC needs assessment. You can ask for help with an EHC needs assessment. You can ask an adult you know to help you, or you can ask SENDIAS for help.

### You can contact MK SENDIAS Service:

- By completing a [referral form](#)
- Via our [website](#) for lots of useful information and factsheets
- To discuss your concerns by **phone** on 01908 254518
- By [email](#), briefly outlining your concerns
- On [Facebook](#)