Quest Mentoring

A Parent's Guide to EHCPs (Education, Health and Care Plans)

💡 What is an EHCP?

An EHCP is a legal document that sets out a child or young person's special educational needs, the support they need, and the outcomes they're working towards. It covers education, health, and social care all in one plan and it's designed for children and young people aged up to 25 who need more help than their school or college can normally provide.

🧠 Who might need an EHCP?

Your child might benefit from an EHCP if they:

- Struggle significantly more than their peers in learning or social development
- Need ongoing support from different services (like speech and language therapy or mental health services)
- Aren't making expected progress even with additional school support

🛠️ What does an EHCP include?

An EHCP has several key sections:

- **Section A** – Your child's story (views, wishes, and feelings)
- **Section B** – Special educational needs
- **Section C** – Health needs
- **Section D** – Social care needs
- **Section E** – Outcomes you're aiming for
- **Section F** – The support (provision) your child must receive
- **Section G** – Health provision

Mark Gilbert
www.questmentoring.com
markgilbert@questmentoring.com
07984601756

- **Section H** – Social care provision
- **Section I** – Educational setting (e.g., school or college)
- **Section J** – Personal budget (if applicable)
- **Section K** – Supporting evidence

✍️ How do I request an EHCP?

You or your child's school can make a request to your local authority. Here's what to do:

1. **Write a request letter** to your local SEN team asking for an Education, Health and Care Needs Assessment (EHCNA).
2. Include details of your child's needs and any evidence you have (reports, letters, school assessments).
3. The local authority has **6 weeks** to decide whether to assess.

🔍 What happens next?

1. **If the assessment is agreed**, professionals (educational, medical, and social care) will contribute reports.
2. You and your child will also be asked to share your views.
3. After the assessment, the local authority decides if an EHCP is needed.
    - If yes: they'll draft a plan with your input.
    - If no: they'll explain why, and you can appeal.

🗓️ How long does it take?

From start to finish, the process takes up to **20 weeks**.

🏫 What does it mean for school support?

Once in place, the EHCP legally requires your child's school or college to provide the support written into the plan. You'll have **an annual review** to make sure it's still working and relevant.

🧭 Where can I get help?

- **SENDIASS** (Special Educational Needs and Disabilities Information Advice and Support Service) – free, impartial help in your local area.
- **IPSEA** – legal advice for parents: ipsea.org.uk
- **Contact** – info and support for families: contact.org.uk

❤️ Final Thoughts

Getting an EHCP can feel overwhelming, but you don't have to do it alone. The process exists to make sure your child gets the support they need to thrive, not just academically, but emotionally and socially too.

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