

Supporting young people with disabilities

**Parent and guardian
careers toolkit**



Helping your child plan for their future can feel challenging, especially when additional support needs are involved. The good news is that there are many pathways, services and specialist resources available to help every young person progress into education, training or employment.

Understanding the options

Young people with disabilities have a range of pathways available:

- **Further Education (FE) and Specialist Colleges**
Courses with additional learning support or specialist provision
- **Apprenticeships (with support)**
Inclusive routes with adjustments and tailored help
- **Supported Internships**
Work-based programmes designed for young people with an Education, Health and Care Plan (EHCP)
- **Job Centre Plus**
Help from job coaches, supported employment services, and schemes like Access to Work



Key websites and support services

National Careers Service

nationalcareers.service.gov.uk

- Advice tailored to individual needs
- Information on careers, training and support options
- Great starting point for personalised advice

UCAS

ucas.com/parents

- Everything you need to understand the university application process
- Advice on personal statements, finance (including Disabled Students' Allowance), support services and making choices

Apprenticeships

apprenticeships.gov.uk

- The apprenticeships website helps young people find paid jobs with training – they earn while learning and gain recognised qualifications
- Extra support is available for young people with disabilities (e.g. adjustments, funding, and tailored help from employers and training providers)

LifeSkills

barclayslifeskills.com

- Free online programme to build work and money skills
- Simple, accessible activities (CVs, interviews, teamwork) for young people
- Supports confidence, independence and future job opportunities, including those with additional needs

Disability Rights UK

disabilityrightsuk.org

- Guidance on education, employment and independent living
- Factsheets on rights, funding and support
- Useful for understanding entitlements and rights

Contact

contact.org.uk

- Support for families with disabled children navigating education and transitions
- Advice on EHCPs, benefits and preparing for adulthood
- Excellent for parent-focused support

Preparing for Adulthood

preparingforadulthood.org.uk

- Resources to help young people move into adult life
- Focus on employment, independent living and community inclusion
- Helpful for transition planning (16–25)

Scope

scope.org.uk

- Employment advice and disability support
- Practical tips for job searching and workplace adjustments
- Strong focus on careers and independence

DFN Project SEARCH

dfnprojectsearch.org

- Supported internship programmes linked to employers
- Real workplace experience for young people with learning disabilities or autism
- Ideal for pathways into employment

Jobcentre Plus

- Personalised support from a work coach, including adjustments to suit individual needs
- Help finding suitable jobs and employers who are disability inclusive
- Access to programmes, apprenticeships and supported work experience to build confidence and skills
- Financial support and schemes (e.g. benefits and Access to Work) to help overcome barriers to employment
- Support with getting disabled people into work

Gov.uk – Access to Work

- Funding for workplace support (equipment, travel, job coaching)
- Available for apprenticeships and employment
- Key financial support for work success

Practical ways you can support your child

- **Start conversations early** - talk about interests, strengths and goals
- **Focus on strengths, not limitations** - build confidence in what your child can do
- **Explore different routes** - college, work-based learning and supported employment
- **Use available support** - careers advisers, SEND teams and external organisations
- **Attend reviews and planning meetings** - (e.g. EHCP reviews) to shape future goals
- **Encourage independence** - gradually build decision-making and life skills

Working with the College

The College offer dedicated support, including:

- SEND teams and learning support
- Careers guidance tailored to individual needs
- Work experience opportunities
- Transition support into employment or further study

Key message

Every young person's journey is unique. With the right support, guidance and opportunities, young people with disabilities can achieve positive and meaningful destinations.

Don't hesitate to contact the Careers team or Additional Learning Support team for guidance:

Careers team:

✉ careers.team@oldham.ac.uk
☎ 0161 785 4054

Additional Learning Support team:

✉ alsenquiries@oldham.ac.uk
☎ 0161 785 4015