



## How can I get help?

Leave us a phone message:

**0300 123 7782**

Or send us an email:

**is@amazesussex.org.uk**



## Independent Support for Education, Health and Care (EHC) Plans

## What about me?

- You are the expert on you!
- What do you want for the future?
- What are you happy with?
- Would you like some things to change?
- It is very important that you tell the professionals what you want and need.
- Independent Support can help!

## About Independent Supporters

Independent Supporters work for Amaze. All of them have an enhanced DBS check and have been trained to support families to get high quality EHC Plans

## Amaze

Community Base  
113 Queens Road  
Brighton BN1 3XG  
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[www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)



**For young people  
with special educational needs  
and disabilities**





## Independent Supporters work for YOU!

- We don't work for your school or college
- We can work with you 1:1 or with you and your family.

## What is changing?

Are you in education and aged 16-25? Do you have special educational needs and/or a disability? Do you need any support for education, health or social care?

You might need an Education, Health and Care (EHC) Plan.

## What is an EHC Plan?

What work, education or training would you like to do? Where do you want to live? What will your life be like in the future?

The EHC Plan records all the things you want for your future and explains the support you will need to get there.

## How can we help you?

You can have an Independent Supporter to help you to:

- Understand what the EHC Plan means for you
- Answer any questions you may have
- Tell people what you want in your EHC Plan
- Take part in meetings about your EHC plan
- Check your EHC Plan is right for you
- Get ready for your Annual Review

