

Regional Good Practice Guidelines for Health Advice in EHC Plans – A Simple Guide

What's This About?

In early 2023, a group of people from health, education, social care, and families came together in the East of England. Their goal was to improve how health advice is asked for and given as part of the **Education, Health and Care (EHC) plan** process for children and young people with special educational needs and disabilities.

They looked at what was working, what wasn't working, and what could be done better. They wanted to make sure that advice was **clear, helpful, and given on time** – and followed the law.

Who Was Involved?

The group included:

- NHS health professionals (like Designated Clinical and Medical Officers)
 - SEND staff from councils
 - Social care workers
 - Parent carers
 - Specialist nurses
 - Children and young people
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What Did They Create?

They made a **toolkit** to help everyone give and receive health advice in the EHC process the right way. The toolkit includes:

1. **Good Practice Principles** – Simple rules to follow when asking for or giving health advice.
 2. **Recommendations** – Helpful tips to meet those good practice standards.
 3. **Self-Assessment Tool** – A checklist for health providers to see how well they're doing and where they can improve.
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What Are the Key Principles?

These are the most important things to do:

- **Be on time** – Give advice within 6 weeks, as the law says.
- **Make it clear and useful** – Advice should directly help with the child's support needs.
- **Put the child or young person at the centre** – Involve them, and their family, in the process.
- **Work together** – Health, education, and social care teams should communicate openly.
- **Follow the law** – Stick to the SEND Code of Practice.
- **Be consistent** – Everyone across the region should aim to work in the same way.

This work is about making the EHC process **fairer, clearer, and more effective** for children, families, and professionals.

The full set of Good Practice Principles and the Toolkit can be found ...{insert link}

Adapt for your own Local offer:

How the above is included will depend the EHCP process information on your own Local Offer website (an example for how it could be included on the Essex Local Offer

If the local authority decides to proceed, they will gather more information and advice from people who work with your child, including health and social care professionals. This will include an Educational Psychologist.

[Find out what to expect during an Educational Psychology assessment.](#)

[Find out how health advice is requested as part of the Education, Health & Care Plan process in line with Regional Good Practice Guidelines](#) [SEND East – Improvement East](#)