Students with Asperger Syndrome
Preparing for university and planning your support

www.nottingham.ac.uk/go/support
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Coming to university is a big step for all students. This guide aims to help you to prepare well in advance so you can settle in more easily.

Planning ahead
Who can provide you with support?
Think about what support you might need and who can provide it. If you’re used to having a lot of support from your teachers, family and friends, you’ll need to think about what support you may need at university.

Support you have had in the past
Before coming to university, consider:
• How have you been supported?
• What has been useful to you and how?

Take some advice – friends, family and teachers are a good place to start.

Consider what areas of university life you may need help with:
• Looking after yourself
• Making friends and settling in
• Managing your studies or day-today activities
• Planning your time
• Managing your money

Up to now, your support will probably have been a mixture of personal and academic-related support. When you come to university, the funding for these types of support comes from different places.
Disabled Students’ Allowances (DSA)
Disabled Students’ Allowances (DSA) can help with academic-related support. This can include paying for Specialist Mentors. DSA does not provide support for daily activities, such as cleaning or shopping, but this may be funded by Social Services. DSA does not affect your entitlement to benefits, or Direct Payments. Visit: www.direct.gov.uk/dsas

Social Services
Social Services from the local authority where you normally live can help. This could be via direct service provision, direct payments or via the Independent Living Fund. It includes personal assistants who are employed either by you or by the local authority and can support activities of daily living that are not study related.

What you need to do before you start

Arrange for reassessment
If you have been receiving services from your social work department, you should arrange a reassessment with your social worker or care manager.

Apply for DSA
You can apply for DSA from March in the year you are due to start.

Disability advisers
Our disability advisers provide ongoing academic-related support and advise you and your school/department on reasonable adjustments, such as alternative examination arrangements. You can find out more at: www.nottingham.ac.uk/go/acadsupport

Discuss your support with us
Please ask us if you would like to find out more about how we could support you over the first couple of weeks at university. Our disability advisers are keen for you to keep in touch by email, phone or by dropping in to Student Services: disability-support@nottingham.ac.uk

Useful contacts
- University of Nottingham Disability Support: www.nottingham.ac.uk/go/dsupport
- National Autistic Society – transition to university: www.autism.org.uk/transition

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