

ACRONYMS

When you first start (and throughout as well, to be honest) the Neurodevelopment journey to diagnosis, you quickly find yourself lost in a sea of acronyms and terms that professionals seem to expect you to know and understand instantly. With this in mind, here is a list of acronyms that are most frequently used.

ABA Applied Behavioural Analysis therapy – Designed to adapt social, communication and learning skills through positive reinforcement. It is widely rejected and despised by the autistic community as, in practice, it is very much like dog training and can cause life-long mental health issues such as low self-esteem, depression, and PTSD.

ADD Attention Deficit Disorder [See Neurodevelopmental Conditions Section PAGE 104](#)

ADHD Attention Deficit Hyperactivity Disorder [See Neurodevelopmental Conditions Section PAGE 104](#)

ADOS Autism Diagnostic Observation Schedule - An assessment of communication, social interaction, and play (or imaginative use of materials) for autism.

AP Alternative Provision

AR Annual Review – The annual review of an Education, Health and Care Plan.

ARB Autistic Resource Base [See Types of School Section PAGE 84](#)

ARFID Avoidant/Restrictive Food Intake Disorder – An eating disorder that used to be known as Selective Eating Disorder. Similar to anorexia, other than the motivation behind selective eating, body image or calorie intake are not factors with ARFID.

ASC/ASD/Autism Autism Spectrum Condition/Disorder [See Neurodevelopmental Conditions Section PAGE 104](#)

CCG Clinical Commissioning Group – CCGs are groups of professionals who work together to commission health services, ensuring enough capacity to deliver the necessary services to the community.

CYP Child or Young Person

DCD Developmental Coordination Disorder (Dyspraxia) [See Neurodevelopmental Conditions Section PAGE 104](#)

DfE Department for Education – A government department responsible for children's services and education, including early years, schools, higher and further education policy, apprenticeships, and broader skills.

EAL English as an Additional Language

EHCP Educational Health Care Plan [See EHCP Section PAGE 98](#)

EHFSA Early Help Family Support Assessment. This is the referral/assessment tool used to access a variety of services in Southend for instance speech and language therapy. This is usually completed jointly with parents/carers and professionals

EOTAS Education Other Than At School – Children are unable to receive education in a school setting and are educated at home or elsewhere.

EP Educational Psychologist [See SEND Roles Section PAGE 140](#)

EWMHS Emotional Wellbeing and Mental Health Service – In some areas, this is known as CAMHS. EWMHS is a service that provides advice and support to children, young people, and their families who need help with their emotional wellbeing or mental health difficulties.

FE Further Education – Education (full or part-time) for people over compulsory school age (16 years in England), which does not occur in a school. It can happen in a sixth form college, a further education college, or a higher education institution.

FSM Free School Meals A statutory benefit for school-aged children whose family receives qualifying benefits.

GAD Generalised Anxiety Disorder – Characterised as the patient suffering from persistent and extreme worrying about several different things all the time.

GDD Global Development Delay **See Neurodevelopmental Conditions Section PAGE 104**

HLTA Higher Level Teaching Assistant – Do the same job as Teaching assistants, but have a higher level of responsibility. They can teach classes independently, cover planned absences, allow teachers time to plan and mark.

HV Health Visitor – Registered nurses or midwives who have had additional training in public health nursing. They support all families from pregnancy until your child is five years old.

ISP Individual Support Plan – These plans layout short-term and long-term targets for an individual to reach and what support they will need to do so.

LA Local Authority – The local Government organisation. For Southend, this is Southend Borough Council.

LAC Looked After Child – A child who has been in the care of their Local Authority for more than 24 hours. These include children who are in foster care.

LO Local Offer – The offer of services available for Children and Young People with SEND. The Local Offer website is a directory of these services. The Southend Local Offer website is; www.livewellsouthend.com/kb5/southendonsea/directory/localoffer.page?localofferchannel=0

LSA Learning Support Assistant – a person employed by the school to provide support in the classroom or undertake specific work with a child or group of children

MDA Multi-Disciplinary Assessment – A diagnostic assessment used to assess for autism. Specialists from each relevant field (paediatrician, speech and language therapist, child psychologist, development specialist) observe your child for some time. Then each writes a report before discussing your child's case and formulating a diagnosis.

MLD Moderate Learning Difficulty – Having noticeably more difficulty accessing education than their peers. They are likely to struggle to make progress in more than one area.

ND Neurodiverse/Neurodivergent A descriptor used for those with a neurological difference to the general public. These include Autistics, PDAers, and those with ADHD or other neurodevelopmental conditions. Those in the Neurodiversity Movement coined this term.

NEET Not in Education, Employment, or Training – A young person over the age of 16 is unemployed and is not receiving an education or vocational training.

NT Neurotypical – A term those in the Neurodiversity communities use to describe someone neurologically typical of the general public.

OT Occupational Therapy – Assessment, treatment and rehabilitation for children with physical difficulties. They can give parents and schools advice on programmes of support and advise on suitable equipment and the provision of other facilities.

PALS Patient Advice and Liaison Service – All NHS Trusts have a PALS. They provide support, advice, and information to service users and their families. They can also tell you how to complain about a service and explain the Trust's complaints procedures.

PCF Parent Carer Forum – A representative local group of parents and carers of disabled children who works with local authorities, education, health and other providers to make sure the services they plan and deliver meet the needs of disabled children and families. The Southend borough PCF is Southend SEND Independent Forum (SSIF).

PDA Pathological Demand Avoidance **See Neurodevelopmental Conditions Section PAGE 104**

PECS Picture Exchange Communication System – A picture system that uses visual symbols and images that the learner can choose and give to someone to communicate their wants or needs.

PFA Preparation For Adulthood – This should begin from the earliest years, focusing on skills for life to achieve employment, good health, independent living and friends, relationships and community inclusion.

PT Physiotherapy/Physiotherapist – Provides assessment and treatment for physical difficulties, such as balance, coordination, ability to sit, stand and walk. They can advise schools on programmes of support.

RSD Rejection Sensitivity Dysphoria – Extreme emotional sensitivity and pain triggered by the perception that a person has been rejected or criticised by important people in their life. It may also get sparked by a sense of falling short or failing to meet their high standards or others' expectations.

SALT Speech And Language Therapy – Assessment of speech and language development of the child and then helps them learn and develop these skills.

SBC Southend Borough Council

SC Social Care – The term used to describe all forms of personal care and other practical assistance for children, young people, and adults who need extra support.

SEMH Social Emotional Mental Health – Social and emotional difficulties can manifest themselves in many ways, including becoming withdrawn or isolated or displaying challenging, disruptive, or disturbing behaviour. These behaviours may reflect underlying mental health difficulties or physical symptoms that are medically unexplained.

SENCO Special Educational Needs & Disabilities Co-ordinator – The teacher responsible for assessing, planning, and monitoring children's progress with SEND.

SEND Special Educational Needs and Disability – This is just a descriptive term for children who have special educational needs or are disabled.

SENDIASS Special Educational Needs & Disability Information Advice and Support Service – A free confidential and impartial information, advice, and support service on issues related to SEND.

SENDIST Special Educational Needs and Disability Tribunal – The independent appeal panel considers parental appeals against Education decisions about Special Educational Needs. They also consider parental disability discrimination claims against schools or the Education Authority.

SLCN Speech, Language & Communication Needs – When a child is noticeably behind their peers in acquiring speech or language skills, communication is considered delayed.

TA Teaching Assistant – Someone who works in a classroom to assist children who need additional support.

TAC/TAF Team Around the Child/Family – A multi-disciplinary team of practitioners who work together to agree to a plan and delivery of support to meet a child or young person's or the family's assessed needs.

YP Young Person – A person over compulsory school age but under 25.