

# Ask Lildonia



Our columnist and transitions adviser, *Lildonia Lawrence* offers guidance and support.



**Dear Lildonia**

*I've been thinking about my career and I've decided I want to go to university. I'm not sure which one to choose and I'm worried about coping with my studies and finances once I get there. I'm really confused. What should I do?*

Thanks for your email. I can understand why you feel confused. The decision to go to university is a big one and can feel overwhelming.

The first step is to explore potential courses. Once you've done that it would be good to go to an open day so you can get a feel for the different campuses. Try to make contact with teaching staff in advance so you can find out more about the course.

When you've narrowed down your shortlist it's important to have a look at the support services available at each uni. Contact the disability/welfare team or students' union and find out what services they offer. For example, many universities provide accessible living accommodation, 1-1 study support and accessible study materials.

You may be able to apply for additional funding to support your studies. If you live with your parents you will be assessed through their income but if you live

independently your application is based solely on you. If you get Disability Living Allowance (DLA) or Personal Independence Payment (PIP) you will continue to receive it, and can claim additional help with living costs through a special support element, which isn't means tested.

Disability Support Allowance (DSA) also helps you to pay for extra course costs because of your condition. The four components available on DSA are specialist equipment, non-medical helpers, general expenditure and disability-related costs. DSAs are non-means-tested, so your level of income is not taken into account during your assessment. You can apply for this through Student Finance in England and Wales, and SAAS (Student Awards Agency) for Scotland.

Although it is nerve-wracking, it's important to remember that there is support out there and with the proper planning you will be able to thrive with your studies. Good luck!

**Useful resources:**

- [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)
- [www.ucas.com](http://www.ucas.com)
- [www.gov.uk/apply-for-student-finance/how](http://www.gov.uk/apply-for-student-finance/how)
- [www.whatuni.com](http://www.whatuni.com)
- [www.studentcrowd.com](http://www.studentcrowd.com)



Evidence based rehabilitation for the arm and hand that achieves meaningful results

**Suitable for children with:**

- ✓ Hemiplegia
- ✓ Cerebral palsy
- ✓ Acquired brain injury
- ✓ Arm weakness following a stroke
- ✓ Neurological conditions

**Benefits of CIMT:**

- Increase range of movement of arm and hand
- Increase strength of arm and hand
- Increase hand function
- Increase independence
- Improve quality of life

**CIMT programmes include:**

- Effective evidence-based treatment for upper limb weakness / hemiplegia.
- Intensive rehabilitation programme delivered daily over 3-4 weeks.
- One-on-one sessions with specialist CIMT therapists.
- Play-based therapy designed to achieve individual goals.



For more information visit  
[www.cimt.co.uk/hemihelp](http://www.cimt.co.uk/hemihelp)

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