Disclosing a Disability: A Guide for Donegal ETB FET Students

What Is Disability Disclosure?

Telling someone about a disability means letting a teacher, student support person, guidance counsellor, or course coordinator know that you have a condition that might affect how you learn.

This condition could be physical, sensory, related to mental health, or a learning difficulty. It can be long-term or short-term.

You don't have to tell anyone if you don't want to. It's your choice. If you do, Donegal ETB can give you the support you need to help you do well in your course.

Why Tell Someone About Your Disability?

If you tell someone about your disability, it can help you:

- Get extra learning support, like one-to-one help or special tools.
- Receive fair changes to help you learn, like more time in exams or different formats.
- Learn from teachers who understand how to support you.
- Make sure your learning needs are known and planned for.

You don't have to tell anyone if you don't want to. But sharing this information can really help you do your best.

What Types of Disabilities Can Be You Tell Us About?

You can tell us about any condition that might make learning harder for you. This includes:

- Learning difficulties like dyslexia or dyspraxia
- Mental health issues like anxiety or depression
- Autism
- ADHD
- Physical or sensory difficulties (for example, problems with movement, hearing, or seeing)
- Long-term health conditions like diabetes or epilepsy
- Problems with speech, language, or communication

If you're not sure whether to tell someone, you can talk privately with Student Support.

Email: fetstudentsupport@dletb.ie

Phone: 074 9116050

How to Tell Someone About Your Disability at Donegal ETB FET

You can tell us about your disability at any time during your time with us. Here are the ways you can do it:

1. Before You Apply for a Course

You can choose to tell the Course Coordinator or the Adult Guidance staff during your interview.

2. After You Start Your Course

You can tell someone whenever you're ready. Just speak to:

- Your teacher
- Student Support

They will help you with the next steps.

3. In a Student Support Meeting

We can arrange a private meeting to talk about your learning needs. You might be asked to show a report from a psychologist or a letter from a doctor. These documents are kept private and are not stored.

What Happens After You Tell Us?

Once you tell us, we will:

- Talk with you about your needs you may have
- Make a support plan (with your agreement)
- Put in place fair changes to help you
- Let your Course Coordinator and Educators know how to support you

We only share your information with people who **need to know**, and only with your permission.

Your Privacy and Consent

We respect your privacy:

- What you tell us is kept private
- We only give support with your **agreement**
- You choose what to share and who to share it with

Supports You Might Get

Depending on your needs, you might get:

- One-to-one learning support
- Special tools (like reading software)
- Materials in different formats
- Exam supports (like extra time or a reader)
- Help with mental health
- Flexible learning options

Who to Talk To

To tell us about a disability or ask for help, contact:

Student Support

Email: fetstudentsupport@dletb.ie

Phone: 074 9116050

Or ask any staff member to help you find the right person.

You're Not Alone

Donegal ETB wants to make learning open and fair for everyone. Telling us about your disability helps us support you in the best way possible.

Your learning matters, and we are here to help.

For more information, visit the Disability Service Questions and Answers page:

https://www.donegaletb.ie/fet-disability-support-faq