



General
Osteopathic
Council



Easy
Read

Going to osteopathy school

Information for students with a disability or health condition



Easy Read



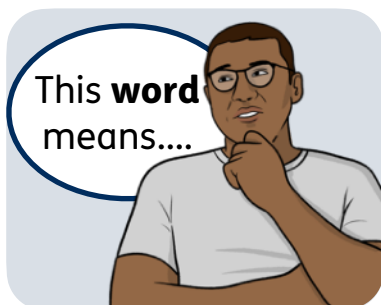
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

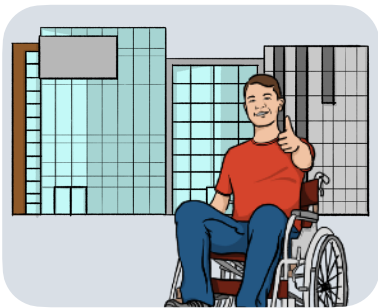
What is in this booklet

About this booklet	4
About us.....	6
About osteopathy.....	7
Applying to osteopathy school	13
Support you can get as a student	17
After osteopathy school	25
Find out more	27

About this booklet



This booklet is from the General Osteopathic Council.



It is information for anyone who is interested in going to **osteopathy** school and has a disability or health condition.



Osteopathy is a type of healthcare treatment that involves stretching and massaging a person's muscles or joints.



A healthcare professional who treats people using osteopathy is called an **osteopath**.

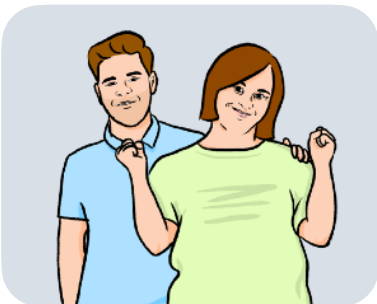
This booklet will tell you about:



- Osteopathy and what osteopaths are expected to do.



- Applying to osteopathy school.



- Support you can get as a student at osteopathy school.

About us

At the General Osteopathic Council, we:



- Write rules and guidelines on how to be a good osteopath.



- Make sure osteopaths follow these rules and guidelines.



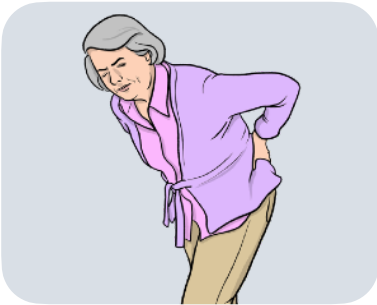
- Check that osteopathy schools are teaching students well.



- Make sure osteopaths keep learning and improving as they work.

About osteopathy

Patients choose to see an osteopath for lots of different health issues, including:



- Back pain.



- Headaches.



- Sports injuries.

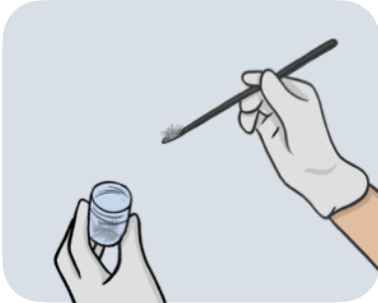
When a patient visits an osteopath, the osteopath will:



- Ask the patient about their health and whether they have had any health issues in the past.

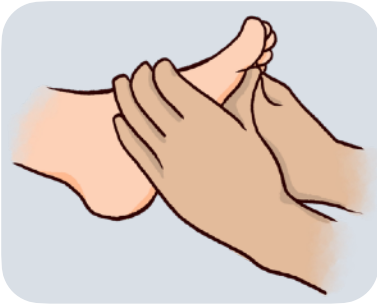


- Check the patient's body.

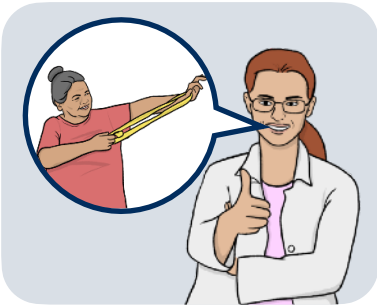


- Do tests if they need to.

The osteopath might treat the patient by:



- Massaging or stretching the patient's muscles or joints.



- Giving them advice about how to look after the health issue themselves.



- Helping them find other healthcare services that could support them.

Becoming an osteopath



To be an osteopath, you must get a **qualification** from an osteopathy school.

The **qualification** is a document that says a person is allowed to be an osteopath and can safely treat patients.

At osteopathy school, you have to do a mix of:



- Studying and going to classes.



- Written work, like tests and essays.



- Physical work and tests - this is where students practice osteopathy on people.

Knowing if osteopathy is right for you



Lots of people with a disability or health condition can be osteopaths.



Osteopaths with a disability or health condition can often understand the issues that patients have.

You can find out if being an osteopath is right for you by:



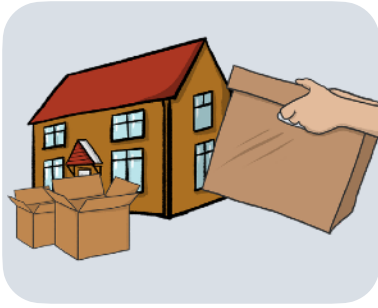
- Talking to local osteopaths about what they do.



- Understanding what you would need to do at osteopathy school to get your qualification.



- Asking osteopathy schools about how they might be able to support you if you were a student there.



If you go to osteopathy school, you might need to move away from home.



It may take a while for you to get used to this and find the new support that you need.

Applying to osteopathy school



You have to apply for a place at an osteopathy school.



You may be asked to go to an **interview** - this is where you talk to a member of staff at an osteopathy school about whether the school is right for you.



The osteopathy school then decides which students can have a place.



It is a good idea to let the osteopathy school know about your disability or health condition when you apply.

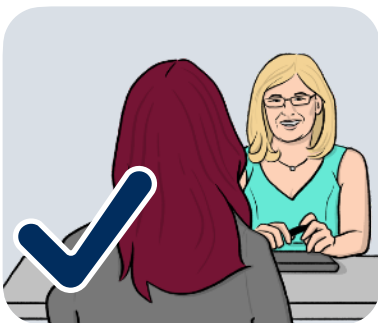


This is so that you can start talking to the school about any support that you might need as a student.

Osteopathy schools should support you with:

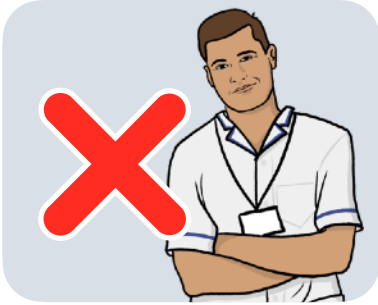


- Applying.



- Taking part in any interviews.

Choosing who gets a place



An osteopathy school might think that your disability or health condition makes it unsafe for you to be an osteopath.



They are allowed to stop you from getting a place for this reason.

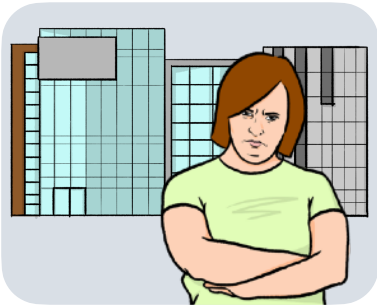


But they must do all the right checks first.



Osteopathy schools must look at students with a disability or health condition in the same way as other students.

Being treated unfairly



If you think an osteopathy school has been unfair when choosing students, you can complain.



You should complain to the osteopathy school. They will have instructions on how to do this.

Support you can get as a student



You have **rights** as a student with a disability or health condition.

Rights are things that every person should have by law. Like the right to education and the right to be respected.



Osteopathy schools must follow the Equality Act 2010, which is a law that protects your right to be treated fairly.

The Equality Act explains that osteopathy schools:



- Cannot treat you unfairly because of your disability or health condition.



- Should support you in a way that meets your needs.

The Equality Act also explains that osteopathy schools:



- Should protect you from **discrimination**.

Discrimination is another word for when you are treated badly or unfairly because of a disability or health condition.



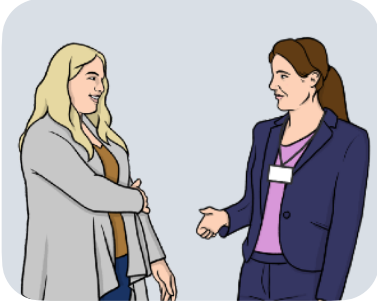
- Should try to make **reasonable adjustments** that you need.

Reasonable adjustments are changes that organisations and services can make so that disabled people can take part like everybody else.



- Should make sure you can take part in all tests.

Reasonable adjustments



Osteopathy schools should talk to you about reasonable adjustments.



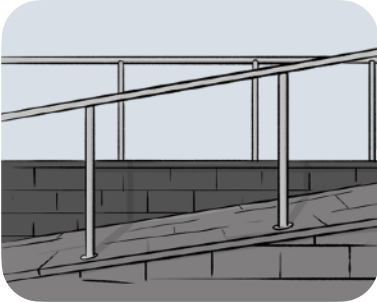
But they do not have to make every reasonable adjustment that you suggest.



You might be asked to have a health **assessment**.

An **assessment** is when you meet with a health professional to work out what care or support you need.

There are many types of reasonable adjustments an osteopathy school could make, like:



- Changing a building - like adding ramps or making lighting less bright.



- Changing the way staff teach - like recording classes.



- Offering you extra support from a trained person.



- Allowing some requests that you ask for - like breaks in a lesson or more time to finish tests.



- Offering equipment - like a screen reader.

Other reasonable adjustments might include:



- Helping you get the items you need for school- like paying for your textbooks so that you do not have to travel to the library.

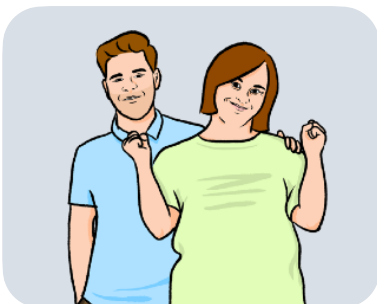


- Changing tests to suit your needs.
What the test is asking will not change, but the **way** it is asked can be changed.

How to get support



Osteopathy schools will have a support service for students with a disability or health condition.



The support service should give you the support and advice you need.



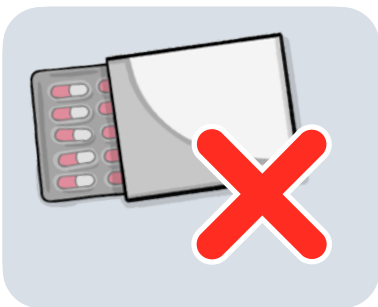
You may be able to get support with paying for osteopathy school from the government.



You can talk to school support services about this.

If your school becomes worried

Your osteopathy school might become worried about you if:



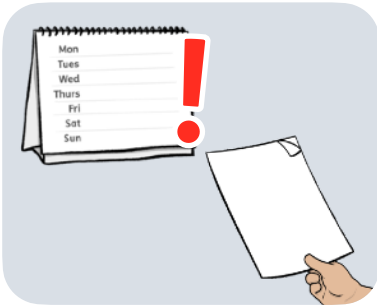
- You stop taking **medication** that you are meant to take.

Medication is any medicine that a doctor has told you to take.



- You do not go to your classes.

Your osteopathy school might also become worried about you if:



- You hand in your classwork late.



- You are not working well in classes or with staff and students.



They may worry that you cannot safely learn to be an osteopath.



They may need to talk to you about leaving school.

But they will work with you to try and make sure that this does not happen.

New disabilities or health conditions



Some students find out they have a disability, or become ill, while they are a student at osteopathy school.

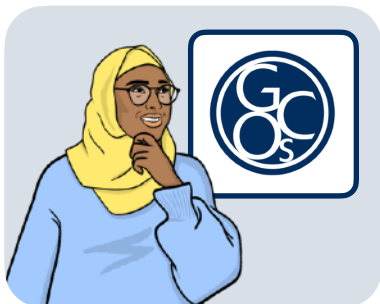


If this happens to you, you should talk to your school about it.



They will want to help and support you.

After osteopathy school



If you finish osteopathy school with a qualification, you will need to register with us at the General Osteopathic Council.

We will check that:



- You are healthy enough to safely be an osteopath.



- You are honest and can be trusted to safely treat patients.



- You have all the skills and training you need to safely be an osteopath.



If we agree that you can safely be an osteopath then you will be registered.



It is then up to you to make sure you carry on treating patients safely.



You must stop being an osteopath if you become too ill to treat patients safely.

Find out more



You can look at our website here:

www.osteopathy.org.uk

You can contact us by:

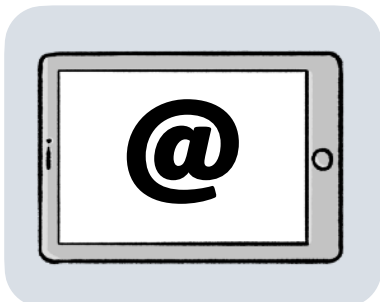


- Post:

General Osteopathic Council
176 Tower Bridge Road
London
SE1 3LA



- Phone: 020 7357 6655



- Email: info@osteopathy.org.uk

This Easy Read booklet was produced by easy-read-online.co.uk
The booklet includes images licensed from Photosymbols & Shutterstock.