Special education for adults

If you are age 20 or older, reside in Sweden and have a developmental disability or acquired brain damage, you can study as part of special education for adults. You can study at the elementary and upper secondary level. There are many courses to choose from.

Contact your municipality if you would like to start studying. You can find the contact information on your municipality’s website.

Plan your studies

You will plan your studies together with a study and career guidance counselor, or someone else at the school who knows a lot about studies and work.

Individual study plan

You will be part of making your own study plan when you start your education. It should include:

- why you are studying, and what your goals are
- what courses you want to take
- how long you want to study
- how many special education credits the courses have

Courses

Special education for adults is constructed of courses. Each course has its own syllabus. The syllabus describes what you will learn in a course. If a course is long, the principal may sometimes decide that the course is to be divided up into modules. There are different modules at different schools.

Combining courses

You can take courses at both the elementary level and the upper secondary level. You can also study courses in other forms of school at the same time as you are studying in special education for adults.
Make use of what you know
In life and in school – and if you’ve also worked – you learned different things. If you already know parts of the contents of a course, you don’t need to take it again. Someone at the school can find out what you already know and write it down. This is called ‘validation’.

Workplace-based learning
You can study certain courses, or parts of courses, at a workplace. There, you will learn to perform certain work tasks, and talk about it with a supervisor. This is called workplace-based learning (arbetsplatsförlagt lärande, or APL).

Elementary level
If you lack the knowledge people get at elementary special schools, you can take courses at the elementary level.

You can choose these courses at the elementary level:
- Biology
- English
- Physics
- Geography
- History
- Home economics and consumer economics
- Chemistry
- Mathematics
- Divinity studies
- Social sciences
- Swedish
- Swedish as a second language
- Technology

There are also elementary-level courses in special education for adults that are equivalent to the instruction given at training schools within elementary special schools.

Courses at the training school level
- Individual and society
- Nature and the environment
- Language and communication
Upper secondary level

You can apply to courses at the upper secondary level. The courses in special education for adults at the upper secondary level are the same ones found in upper secondary special schools.

At the upper secondary level, you can choose between vocational subjects and more general subjects.

They can be subjects in:
- Administration, trade, and merchandising
- Aesthetic activities
- Property, facilities, and construction
- Vehicle maintenance and mechanical handling
- Handicrafts and production
- Hotel, restaurant, and bakery
- Health, health care, and nursing
- Society, nature, and languages
- Forests, land, and animals

Orientation courses

You can start by taking an orientation course. In it, you can:
- learn how to study
- know more about different fields you can study
- get help in choosing studies or a career
- show what you already know so you don’t need to study it again

Marks and certificates

When you have finished a course at the elementary or upper secondary level, the teacher will give you a mark. You can receive an A, B, C, D, or E. E is the lowest mark. A is the highest mark.

When you have finished a course at the training school level, you will be given a certificate that says whether you have elementary or in-depth knowledge.

You can also be given a certificate that shows what you have learned in the course you took.

Upper secondary special school certificate

Speak with your study and career guidance counselor if you want an upper secondary special school certificate. All of your marks and certificates are assembled there.