



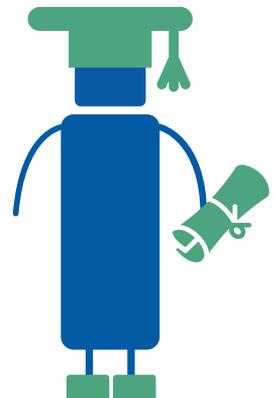
College /  
University logo

# Looking after someone?

## Support for student carers

**It can be hard to combine your studies with looking after family or friends who have a disability, illness or need support in later life.**

Our Carer Passport scheme can help to take the pressure off and make sure students with caring responsibilities get the right support and understanding.



# Looking after someone?

In every lecture theatre, chances are there are several young adults with caring responsibilities at home.

## Who are student carers?

There are more than 375,000 known young adult carers in the UK aged 16-25 who are looking after family or friends who have a disability, serious illness or need support in later life.

Many of these, and more besides, are combining caring with studying. Moreover, there are many older carers who are studying while carrying out their caring role.

## What do student carers do?

Some students are looking after family and friends who live in the same house, or close by. They may have many different extra responsibilities in the home such as cooking, housework and shopping. They may also help someone to move around or get dressed or help to give medication.

They could be helping to look after a younger sibling or an older parent, for example.

Other students are caring from a distance - living apart from the person they're helping to look after during term time, but perhaps visiting frequently at weekends or taking a more intensive role during vacation.

Both kinds of roles can involve taking significant responsibility for administration and form-filling, perhaps co-ordinating paid care services, as well as dealing with complicated emotions.

## How this might affect students?

Being a carer can have a big impact on the things that are important to making the most of student life, both personally and academically.

Primarily, the demands of caring may occasionally make it difficult for students to complete an assignment or attend a seminar.

Additional evening or weekend journeys or care responsibilities may place a strain on finances and ordinary social opportunities.

Caring can also weigh heavily on students' minds, making it difficult for them to concentrate on their studies.

## What would help?

- Flexibility with assignments
- Additional support from a personal tutor to help catch up
- Counselling services
- Financial support, such as discount schemes and information about relevant grants and benefits
- Practical support such as priority on accommodation and car parking
- Signposting to other support and services

# Carer Passport

Our Carer Passport scheme is designed to make it easier for student carers to get the right support and understanding.

## What is a Carer Passport?

The Carer Passport is an offer of support to students with caring responsibilities, helping them to be involved with college and university life and continue their studies.

The Carer Passport will mean that all tutors, whether academic or welfare, will have an understanding of what caring entails. It means students can get additional help for their studying and extra support if they face a caring crisis. The support in place could range from getting an extension on work or applying for some financial relief.

Each student's record will indicate to university staff whether they have a Carer Passport. This means support can be accessed quickly and easily, and students won't have to explain their story multiple times to different people

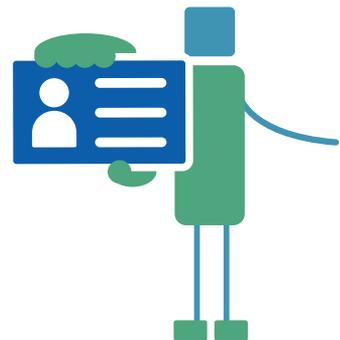
## How to use a Carer Passport

Students can indicate their caring role on their UCAS Apply form (starting for post-graduate students from 2018, and in time for undergraduate students), in their personal statement, or by registering with the Welfare Team.

Once a student has successfully registered for a Carer Passport, this should trigger a learning plan setting out the flexibility and support the college or university is able to provide to help students manage their caring roles alongside study.

This plan should then be reviewed periodically or when the caring role changes or intensifies.

The Carer Passport would ordinarily need to work within other policies relating to Student Participation, and would not include leeway on exams.



## Where to find more information

Talk to your Welfare Team for more information about how our Carer Passport scheme could help.

More information about the benefits and challenges of establishing Carer Passport schemes can also be found on the Carer Passport website, as part of a partnership project run by Carers UK and Carers Trust, funded by the Department of Health and Social Care.

[www.carerpassport.uk](http://www.carerpassport.uk)

“Since being recognised as a young adult carer, I have had support with amending deadlines when needed. I also have access to bursaries, counselling and other welfare support that they offer, if I need it.”

“When we work to remove the barriers to education that student carers face, carers are able to stay on, be successful and achieve.”

