Are you a Student Carer?



Scoil an Altranais agus an Chnáimhseachais

School of Nursing and Midwifery

"A Student Carer is an individual registered on a higher education institution programme who also provides unpaid care for a relative with an illness, disability, mental health condition, or addiction that requires their ongoing support"



How do I know?



 Do you provide personal care such as helping a relative to dress, bathe or use the bathroom?



 Do you provide physical support such as using hoists/helping a relative to walk or use the stairs?

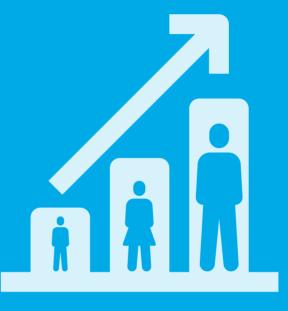


 Do you provide emotional/ psychological support for a relative when they are depressed or distressed?



 Do you regularly help a relative with their medications?

You Are Not Alone!



There are approx.

67,000

young carers aged 10-17 in Ireland (Family Carers Ireland 2020)



Estimate of up to

15,407

Student Carers in Higher Education Institutions (Pierce 2024)

If you spend time helping another person with any of these activities or similar, then you are a family carer.



UL Student Affairs Support

Scan above QR Code to access information

Wellbeing:

- CounsellingHealth Centre
- Health Centr
- Chaplaincy
- Connecting with peers

Financial:

- Visit Student Financial Support Advisor
- Apply for Financial Aid

Academic:

 Advice on navigating academic difficulties



UL Library & Writing Resources

Scan above QR Code to access information

Library:

- Support on Library resources
- Laptop loan
- Online Advice via 'Ask us' form

Writing Centre:

- Email: writingcentre@ul.ie
- Instagram: writingcentreul



Family Carers Ireland is a national charity organisation that supports all family carers. With a **FREE Young Carer Card**, young carers can also avail of discounts and offers on leisure and educational resources.

FREEPHONE: 1800 24 07 24









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