





Are you a Student Carer?

“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.



Scan above QR Code to access information

UL Student Affairs Support

Wellbeing:

- Counselling
- Health Centre
- Chaplaincy
- Connecting with peers

Financial:

- Visit Student Financial Support Advisor
- Apply for Financial Aid

Academic:

- Advice on navigating academic difficulties



Scan above QR Code to access information

UL Library & Writing Resources

Library:

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

Writing Centre:

- Email: writingcentre@ul.ie
- Instagram: [writingcentreul](https://www.instagram.com/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



Please contact breda.amoloney@ul.ie for permission on infographic use.

Scan the QR code for more information on accessing the young carer card.

