

Young Adult Carers University

What services will be available for me when I move to University as a young adult carer?

To help you manage, many universities and colleges have put support in place specifically to help student with caring responsibilities. This can include:

- **academic help** – this might be flexible deadlines, help with managing your workload, or priority access to academic or career opportunities (e.g. internships).
 - **financial help** – some course providers offer bursaries and other financial support to student carers. You might be eligible for a [scholarship, grant or bursary](#).
 - **health and wellbeing support** – as well as support services on campus, some universities and colleges offer induction days over the summer to help you settle in and to give you the chance to discuss your support needs
- Carer Passport** – some universities run the Carer Passport scheme, which means you won't have to share your story multiple times with different staff across the university. [Find out more about the Carer Passport](#)

Will there be support for me at University as a young adult carer?

Yes! Many Universities use the Carer Passport system, or there is support from many Universities through the Yes We Care project.

How do I provide evidence that I'm a young adult carer for bursaries and deadline extensions?

If you are registered as a carer through a local organisation, such as Carers Resource, you can ask your local organisation to write you a letter that you can use while at University as evidence. Carers Resource also runs the Carer ID card scheme which could be used as evidence.

Will I have to repeat my story as a young adult carer to each tutor?

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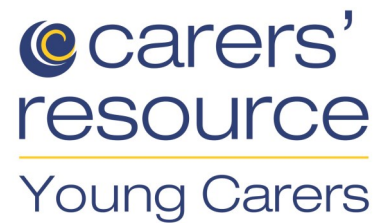
How can I write a personal statement about being a young adult carer and about me?

If you are a carer, you will have probably gained many additional skills and strengths that are highly valued in higher education. You can also use UCAS' [personal statement tool](#) to help you structure your ideas. Think about the skills and characteristics you will need for different aspects of your studies – make a list for:

1. studying in general – what sort of skills do you think will help you to be a successful student?
 2. your chosen course – what specific skills and personal characteristics do you think this course requires, especially one that leads to a profession or career? Use the course description for ideas.
- non-academic situations – it's not all about what happens in the classroom. What other skills and characteristics will help you settle in – for example, your day-to-day activities or social life?

Responsibilities (I do)	Skills (I can)
Practical: e.g. cooking, cleaning, washing, looking after siblings/ other family members	<ul style="list-style-type: none">• Advocacy (speaking or acting on behalf of another)• Attention to detail• Calm under pressure• Communication skills• Decision making• Empathy• Encouraging others• Financial management and budgeting• Forward planning• Independent worker• Interpersonal skills• Initiative• Listening skills• Managing challenging situations and behaviours.• Managing risk and risk-taking behaviours• Meet deadlines (or take responsibility for adjusting if necessary)• Meet goals and targets• Negotiation skills• Organisation• Prioritisation• Problem solving• Stress management• Takes responsibility• Teamwork• Time management
Financial: e.g. shopping, paying bills, managing the household budget	Understanding complex information
Emotional: e.g. listening and talking to someone who is distressed, helping someone communicate	
Medical and professional: e.g. dealing with professionals, administering or overseeing medication, organising and attending appointments, arranging services	
Personal and physical: e.g. providing personal care, helping someone get dressed, washed, go to the toilet, or get out of bed,	
General: e.g. managing your own needs alongside those of others, juggling caring and work and/or education, prioritising self-care.	

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How can I be distant from my family and still be in the loop as a young adult carer?

The idea of leaving the person you care for can be worrying, whether you go into university for classes during the day or if you choose to move away to study. But you have the right to study if you want to. Some ways to help this feel easier could be contacting your local city council to request a carers assessment, so they know your home situation is changing and can check your family are getting the right support so you can study contacting your local young carers or adult carers services to see if they can offer any advice speaking to staff at the university you want to apply to - if they know you are a carer, they will know that sometimes you might need to rush home for emergencies (https://www.sheffield.ac.uk/polopoly_fs/1.709322!/file/yeswecare2.pdf)

How do I notify University I'm a young adult carer?

There are several ways you can tell university about your circumstances:

1. Use your UCAS personal statement to highlight where your care responsibility has enabled you to develop any strengths or skills – see below.
2. With your permission, your referee can mention your circumstances in the reference. They can also make sure the university knows if your caring role has had any impact on your studies or exam results (e.g. through absence).

Contact the university or college directly – the contact details for student services will be on their website.

To support the identification of students with care responsibilities, we have introduced the following question for those applying to postgraduate courses through UCAS. In the future we will introduce this to our undergraduate application.

Do you have any care responsibilities? Y/N

Select 'yes' if you are responsible for providing unpaid care to someone

If you select 'yes', your information will be treated in confidence, to help the university or college provide support for you. It may also be used for monitoring purposes.