



## Student Services Factsheet

# Supporting Student Carers

A student carer is someone who (alongside their studies) cares, unpaid, for a family member or friend with an illness, disability, mental health condition or addiction. Student carers continue to provide vital support, whilst trying to balance this with the demands of university life.

Students with caring responsibilities are likely to need additional support from academic staff, specifically with:

### ***Attendance/lateness***

Unexpected situations sometimes conflict with our academic commitments which can be totally out with our control. Helping students to plan with how they can catch up with missed work will be extremely beneficial to student carers in this situation.

### ***Submissions***

Students who care have to juggle their caring commitments around demanding academic workloads, alongside factoring in the unexpected. Should this happen before a submission deadline help with the Mitigating Circumstances process would assist the student carer as it can be difficult to obtain evidence of their circumstances.

Contact the Widening Access  
Team

t: 0141 548 3799

e: [wideningaccess@strath.ac.uk](mailto:wideningaccess@strath.ac.uk)

## ***Wellbeing***

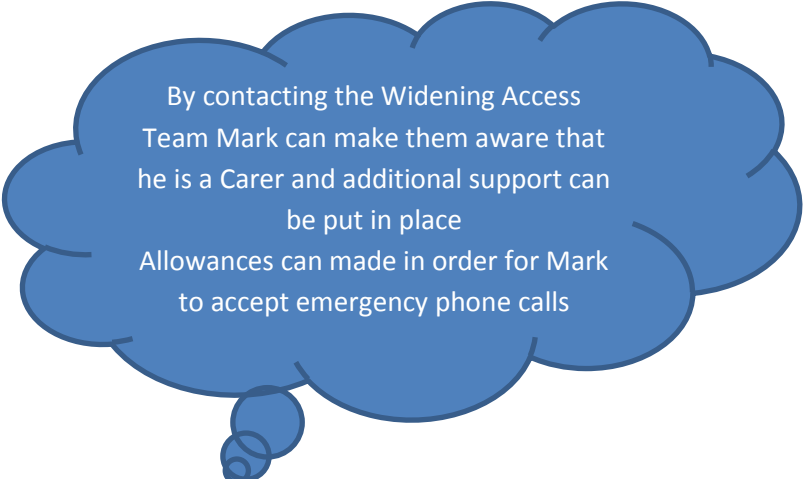
Wellbeing is essential to survival. Student carers show a higher presentation of mental health difficulties and concerns about having to leave their course than their peers.



Contact the Student Health  
Service  
t: 0141 548 3916  
e: [studenthealth@strath.ac.uk](mailto:studenthealth@strath.ac.uk)

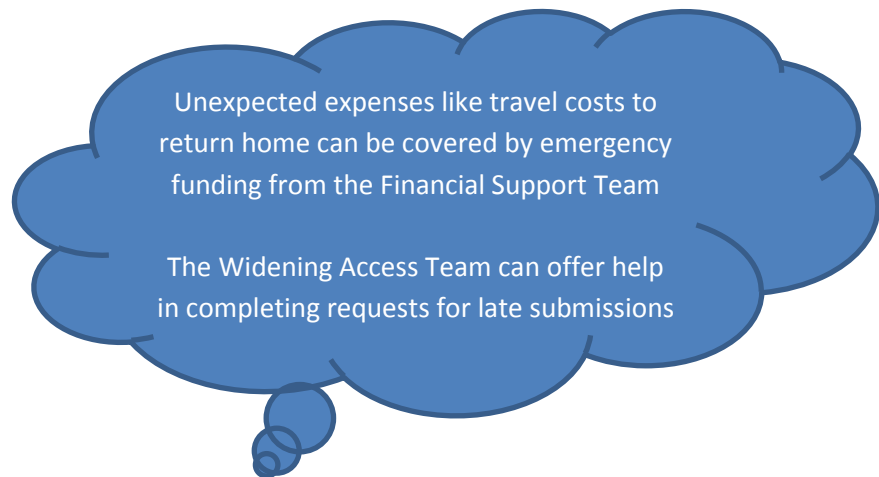
## ***Case Study***

Mark is a 2nd year student whose mother was diagnosed with cancer shortly before he started at university. He goes home most weekends to help his mother with her care, and has to be available by phone during the day.



By contacting the Widening Access  
Team Mark can make them aware that  
he is a Carer and additional support can  
be put in place  
Allowances can be made in order for Mark  
to accept emergency phone calls

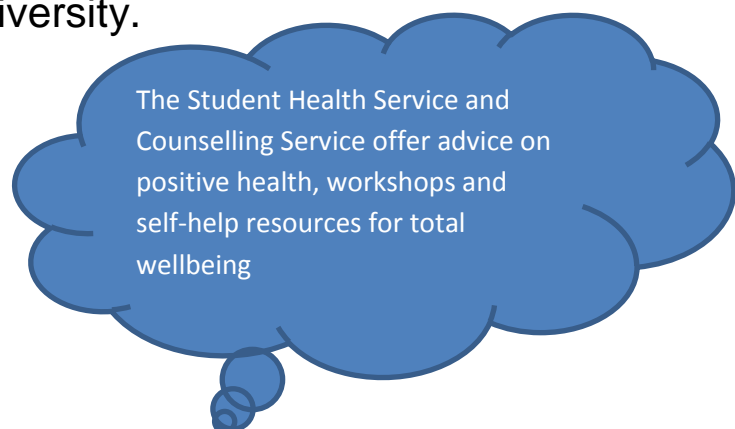
He sometimes has to go home at short notice to help in emergencies. This impacts on his attendance, and has meant he has had to request an extended submission date for his assignments, although he found it hard to provide formal evidence of mitigating circumstances.



**“...the stress and tiredness took their toll...”**

James Ashwell's (25) words about caring for his mother who had dementia<sup>1</sup>

Mark can sometimes be tired and distracted in class, and worries a lot about the future. He loves his course and wants to do the best he can at university.



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<sup>1</sup> James Ashwell in *An Unforgettable Journey*, Caring, Carers UK members' magazine, Issue 41, April 2016, pp.4-6.