



## DOES SOMEONE IN YOUR FAMILY NEED ADDITIONAL HELP?

Do you combine your education with caring responsibilities?

If you have a family member at home who needs a lot of care due to a long-term illness, you may be a young carer. Long-term illness can present itself in many ways, physically as well as mentally. Someone with a mental illness or addiction may need as much help as someone with a physical illness or disability.

### **Examples of caring responsibilities**

- taking on organisational tasks: finances and administration
- translating or explaining
- taking on household tasks
- providing personal care such as dressing, showering, applying cream and going to bed
- administering medication
- providing emotional support
- attending hospital, physiotherapy or other appointments
- worrying about how things are at home or how the person who needs care is doing
- looking after siblings

Combining your education with caring for a loved one can be difficult and can cause you problems. You may take longer to complete your studies, achieve lower grades or experience physical or psychological complaints.

## And how can we help you?

As a training institute, we believe it is important for you to be able to combine your education with the care for your family member, and that there is room for doing fun things. That is our commitment. How do we do this?

### Suitable education

You can go to the \_\_\_\_\_ for a confidential conversation, and to discuss the available options to ensure that you can complete your studies as smoothly as possible. You can make arrangements about additional provisions that can help you to complete your training with the best possible outcome. This will always be a tailored solution. The \_\_\_\_\_ ultimately decides whether the provisions are granted. Make an appointment with \_\_\_\_\_ at \_\_\_\_\_ or call \_\_\_\_\_.



*Valerio is 21 years old and takes care of his 82-year-old grandmother. He does this in addition to his Social Work studies and his side job in a supermarket. Valerio does not receive credits for caring for his grandmother. The school does take his absence into account. 'I think that's enough. Sometimes I miss 2.5 hours. By discussing my situation with the right people at school, my circumstances are now taken into account. Talking really helps!'*

### Support with being behind on your studies

Are you behind on your studies due to your personal circumstances? You can contact \_\_\_\_\_ for advice on all kinds of personal problems and matters. The \_\_\_\_\_ will \_\_\_\_\_ examine the situation, how it affects your studies, how to prevent falling behind or dropping out, whether you would like guidance and by whom, et cetera. The conversation is confidential. Come and see us straight away if your circumstances lead you to falling behind on your studies. It is very important. Especially because for some schemes you must report special circumstances within 14 days.

The \_\_\_\_\_ can inform you about the FOS scheme: financial support for study delays. You can use this in certain situations.

The \_\_\_\_\_ can, if they are aware of your situation, advise the Exam Board if you have obtained insufficient credits and there is a risk of negative binding study advice (negative BSA).

If you need more than 10 years to achieve a bachelor's or master's degree due to being a student carer, you must make an appointment with the \_\_\_\_\_ to discuss whether you can apply for an extension of the diploma term at DUO.

You can contact the \_\_\_\_\_ at \_\_\_\_\_ mail \_\_\_\_\_.

Don't wait to contact us until you get too far behind, but let us know early on! Together we will look at how to avoid a delay.

### Someone to talk to

The \_\_\_\_\_ can help you if you are very concerned about the person you care for or about your studies. You can also contact the \_\_\_\_\_ if you suffer from stress, anxiety, feelings of depression or sleep problems, for example. You can reach them on \_\_\_\_\_.

### Getting in touch with fellow young carers

It can be good to meet peers who also combine their studies with care responsibilities at home. At our educational institute we have many students who care for someone at home. We would like to get you in touch with one another. Simply email: \_\_\_\_\_.

## Tips

### Tip 1: Talk about it at school

You may think it is the most normal thing in the world to care for someone and worry about them. Usually, things work out, but it can also be tough. Talking about it is important, but it is not always easy. You may not want or may not be able to talk about it at home and you don't want people to feel sorry for you or be regarded as special at school. Still, talking about it is exactly what we recommend. Discuss your home situation at school so teachers, tutors and fellow students understand if you are not there or if you are behind in your studies. Talking clears the air and allows you to receive support. You will see that there are solutions.

Talk to someone you trust. This could be that teacher you connect with.

Or you can tell a friend or fellow student about your concerns. You can also contact your:

they will treat your information confidentially.

### Tip 2: Also use support for informal carers outside the course

You can contact the Informal Care Line (Mantelzorglijn) with questions about your situation.

Available between 9 am and 4 pm: 030 - 760 60 55. Or ask your question on WhatsApp: 030-760 60 55.

Or email (24/7): [mantelzorglijn@mantelzorg.nl](mailto:mantelzorglijn@mantelzorg.nl)

You can also contact a support centre for informal care in your area.

**Visit [mantelzorg.nl/hulppuntmantelzorg](https://mantelzorg.nl/hulppuntmantelzorg) (in dutch)**

### Tip 3: Let people know when things are getting on top of you

Maybe people around you can take on some of your responsibilities. That is not selfish, but rather a necessity for being able to sustain your caregiving. Don't know anyone? Ask for help from the Informal Care Line (Mantelzorglijn), we can refer you to someone in your area who can offer support. You can also discuss your worries or problems with your family member's health care professionals. This will create more understanding for each other, and you can come to solutions that will help you.

### Tip 4: Find information

Is something unclear about your loved one's illness, disability, or treatment?

Ask your family, your doctor or a nurse. The answer can provide you with some reassurance.

### Tip 5: Keep doing fun things

It is sometimes difficult because you are so busy. But having time to yourself is very important!

If possible, enjoy a good workout and try to continue meeting up with friends.

This will be a nice distraction and remind you that you are not alone.

### Questions or in need of a listening ear?

Call or send a WhatsApp message to the Mantelzorglijn with the Mantelzorglijn (030) 760 60 55 or ask your question by email at [mantelzorglijn@mantelzorg.nl](mailto:mantelzorglijn@mantelzorg.nl)

You can find more information on [mantelzorg.nl/jongzorgen](https://mantelzorg.nl/jongzorgen) (in dutch)





*Janine, Informal Care Coach at the Informal Care Line (Mantelzorglijn):*

*'We receive a lot of questions from people every day who take care of a loved one. We are here for information and advice and we are very good listeners. Do you have any questions or do you need to talk to someone?'*

*Call or WhatsApp (030) 760 60 55.*



## QUESTIONS?

Call our Informal Care Line (Mantelzorglijn) on 030 - 760 60 55 on working days between 9 am and 5 pm.



*Temporarily available until 6 pm during the Covid-19 pandemic!*

📞 General: 030 659 22 22    ✉ mantelzorglijn@mantelzorg.nl    🌐 mantelzorg.nl  
📘 mantelzorgnl    🐦 mantelzorgnl    📷 mantelzorgnl    📞 030 - 760 60 55

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