ADVICE FROM A FORMER STUDENT & YOUNG CARER

A young carer is a person between the ages of 15-29 who provides unpaid support to a family member, friend, or partner living with an illness, disability, addiction, or injury. Being a young carer and a student can be a time-consuming, financially demanding, and emotionally and physically draining undertaking.

That’s why it is so important to care for yourself, while caring for others.

01 Communicate
Stay in touch with supports who are helping
with care tasks. Avoid missing in-care minor
and responsibilities. Use a FREE app like
Glympse.com to share your location, tracking
appointments, and monitor your personal
apartments.
Tell professors, teaching assistants, or other
staff on campus about your caregiving role. Ask
for accommodations when there is an emergency
and give an explanation when you are absent.

02 Budget
Visit Financial Aid Counseling on campus to
assist with budgeting, OASAP appeal, ancillary
appeals and emergency funding requests.
Try a DIY budgeting website like rinti.com.
Adapt your more inclusive caregiving benefits in Canada.

03 Plan, Save, Eat
Try a website like
GroceryGrabber.ca
to plan meals,
that meet all kinds
of dietary needs.
Pre-order groceries
and meals online
for pickup. It costs
$10 at Walmart
(Store NL).
Use a FREE app like
TripPical.ca. You
options have the
cheapest deal near
you.

04 Study Tips
Make a reference schedule of assignments and exams.
Don’t let the bigger tasks into thinner parts.
Be new with yourself.
Create consistent study
techniques: sleep, nutrition, rituals, notes, and
breaks. 75/15 rules: 75 minutes of study
15 minutes to rest.
Find a study spot away
from distractions.

05 What Other Supports Help?
Get Physical
Go for a walk/hike.
Follow an online exercise from home, like
Fitwall Blender.
Join a gym, the YMCA
is cheaper!

Find Support
The Young Carers
Project, Waterloo.
The Powerhouse Project:
Young Carers Initiative.
The VOP: Hospital
Toronto.

Stay Centred
Practice mindfulness
to calm stress, and
Try a FREE app like
Headspace.
Do what helps you
feel grounded.

For more information, visit these websites:
https://www.openinghours.ca/young-caregiver
https://www.canadiancancer.org/caregiver
https://www.ymca.ca/programs-and-services/teen
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https://www.ymca.ca/programs-and-service