



Are You a Teacher and a Carer?



Balancing teaching responsibilities with caring for a loved one can be challenging. You can access support!

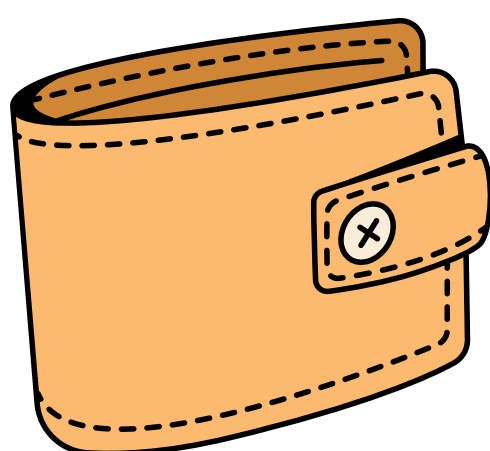
1



Flexible Working Arrangements

Request Adjustments: Speak with your school Principal or B of G about flexible working hours to better manage your dual roles.

2



Carer's Allowance

Financial Support: If you spend at least 35 hours a week caring for someone with substantial needs, you may qualify for Carer's Allowance. Visit the NI Direct website for eligibility and application details.

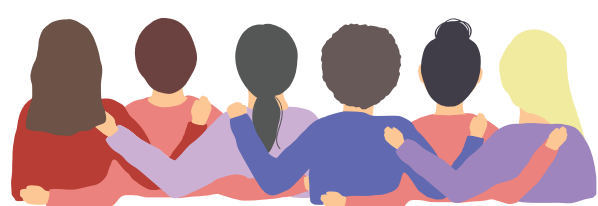
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Respite Care Services

Short Breaks: Connect with local health and social care trusts for respite care services, allowing you time to recharge.

4



Support Groups and Resources

Join a Community: Join local support groups for carers, where you can share experiences and gather valuable advice.

5



Wellbeing Programmes

Mental Health Support: Access counselling and mental health services tailored for carers through community organisations. Remember, taking care of yourself is just as important as taking care of others!