

Someone in your family is sick,
in need of care or lives with a
disability?

You help your family running errands,
as a caregiver, with the housework,
with financial matters and applications
and are the go-to for questions or
problems?

Even though you like being a
caregiver, are you sometimes
stressed out or worried?

Although you don't always
have it easy, you rarely talk
about your situation?

If that sounds familiar, you might be one of the almost 500,000
young people in Germany who care for a sick family member.

Publication details

This flyer is part of the Federal Government's public
relations; it is offered free of charge and not intended for sale.

Published by:

Bundesministerium
für Familie, Senioren,
Frauen und Jugend
11018 Berlin
www.bmfsfj.de

For further questions, please call our
service hotline: 030 20179130
Monday -Thursday 9 a.m. -6 p.m.
Fax: 030 18555 4400
Email: info@bmfsfj-service.bund.de

Publications can be ordered at:

Publikationsversand der Bundesregierung
Postfach 48 10 09, 18132 Rostock
Tel.: 030 18 272 2721 Fax: 030 18 10 272 2721
Sign language tel.:
gebaerdentelefon@sip.bundesregierung.de
Email: publikationen@bundesregierung.de
www.bmfsfj.de

Product no.: 3FL280

As of: September 2023, 1st edition

Editing: Nummer gegen Kummer e.V.

Design: TLGG GmbH, 365 Sherpas GmbH

Picture credits: © minamoto images, © Maskot

Printed by: MKL Druck GmbH & Co. KG, Ostbevern

In cooperation with:

NummergegenKummer



Federal Ministry for
Family Affairs, Senior Citizens,
Women and Youth

DO YOU CARE FOR SOMEONE CLOSE TO YOU?

Information about support services

PAUSENTASTE

Juggling studies and caregiving

The decision to study is a major and important step in life. For those who are caregivers to a family member, the decision to study and maybe even move out from home can raise many more or different questions and concerns. On the one hand, it might feel good to get some distance from your family, maybe even with a sense of relief, while you might also feel guilty and as though you would let your family down if you go and study. And of course you have needs of your own. It is not always easy to handle this situation.

Often, this is compounded by challenges in terms of time and money: How can I pay for my studies while being a caregiver? How can I square a long commute to the place of study with caregiving back home? How can I reconcile mandatory attendance at lectures and rigid curricular structures with unpredictable caregiving tasks?

This flyer wants to provide suggestions for how to better reconcile studies and caregiving and encourage you to take up the support services in place.

Can you talk about your situation with your family?

- If you no longer live at home, clear arrangements on what topics and how often you wish to be informed can help to structure your daily life.
- Also set times for video or phone calls or (administrative) tasks can free up space to spend with friends or learning.

Your university can support you:

- Contact the family or equal opportunities officers, the social services or (psycho)social counselling unit or the *Studierendenwerk* student unions for information about financial, psychological and administrative support options. For instance that
- BAföG beneficiaries who care for close relatives (from care level 3) remain eligible for these training assistance benefits beyond the maximum benefit period.
- Students who have relatives with care needs often have the option to interrupt their studies or study part-time, get deadline extensions or postpone/withdraw from exams.

Even if it is not always easy, you can try to take care of yourself by...

- ... Talking about your situation with your friends; while some might be unsure at first how to respond, there will be fellow students who are empathetic, understanding and supportive.
- ... Telling your peers that it would be nice if they continued to invite you to leisure activities even though you might not always have the time or energy to join them.
- ... Making it a routine to take some time out and discussing this with your family. This might give you time for a walk, some rest or sports. Something that does you good and allows you to destress!

About “Press Pause“



The “Press Pause” project is an offer for young adults, adolescents and children who look after their family members. The Federal Ministry’s initiative informs about (online) counselling services, projects and self-help schemes on the website www.pausentaste.de. Here you find personal accounts, videos, useful links and a radius and service search for support and counselling services.

In addition to the website, a network of diverse actors has established itself that meets every year to exchange ideas and experiences.

Talking about it helps



The supportive counsellors who answer the phone or your emails or chat with you at “*Nummer gegen Kummer*” take time to help you with whatever questions and worries you may have and are very good listeners in case you just want to talk about your situation.

www.nummergegenkummer.de, Tel.: 116 111
- anonymous, free and confidential.

In addition, the hotline for family caregivers (*Pflegetelefon*) of the Federal Ministry for Family Affairs offers help and assistance relating to home care, also in situations of crisis. You can contact this hotline Monday - Thursday between 9 a.m. and 6 p.m. at 030 20179131 and by email to info@wege-zur-pflege.de.
Counselling by phone is anonymous and confidential. Moreover, the staff provide information on additional counselling and help services near you.
www.wege-zur-pflege.de