Balancing caring with work and education

Looking after someone can take up a lot of your time and energy. This can make it difficult for you to keep up with your work or your studies. There is legislation in place which makes it easier for people who look after someone to balance their responsibilities at home with their responsibilities at work or at college or university.

You can find out more in this section about what your rights are at work, and about how to get back into education. You may that you wouldn’t be able to cope with a new job or a course alongside your caring role, or that it’s simply too late. But many courses and jobs can be flexible so you can find the right balance between your responsibilities at home and your work or education.

Select one of the options from the menu on the left and find out more.