

# Support and Wellbeing for Student Carers

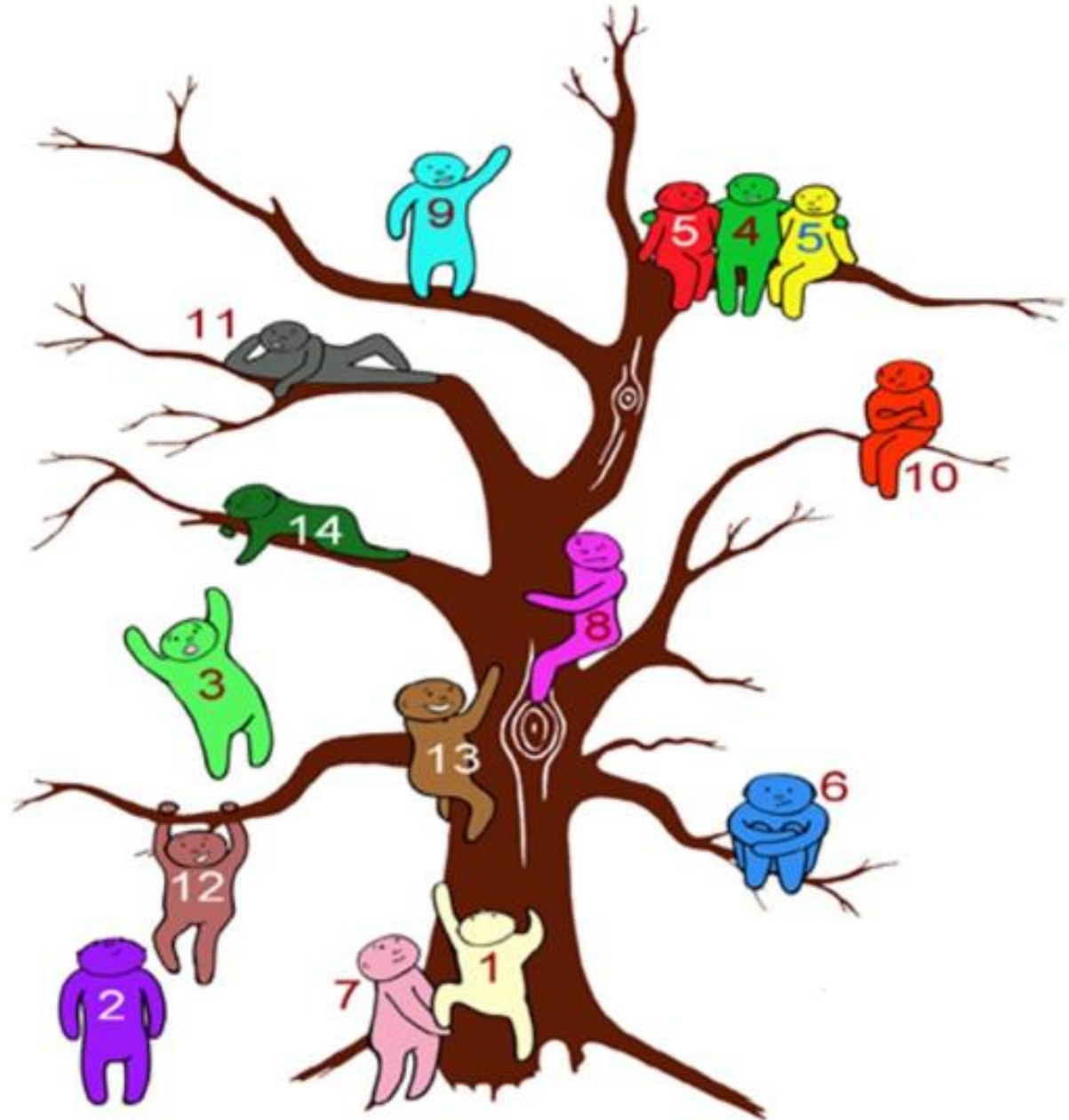


Nichola Kentzer – OU Student Carer Champion

Carolyn Johnstone – OU Student Carer Champion

Rob Moore – Amazing Student Hub Live host

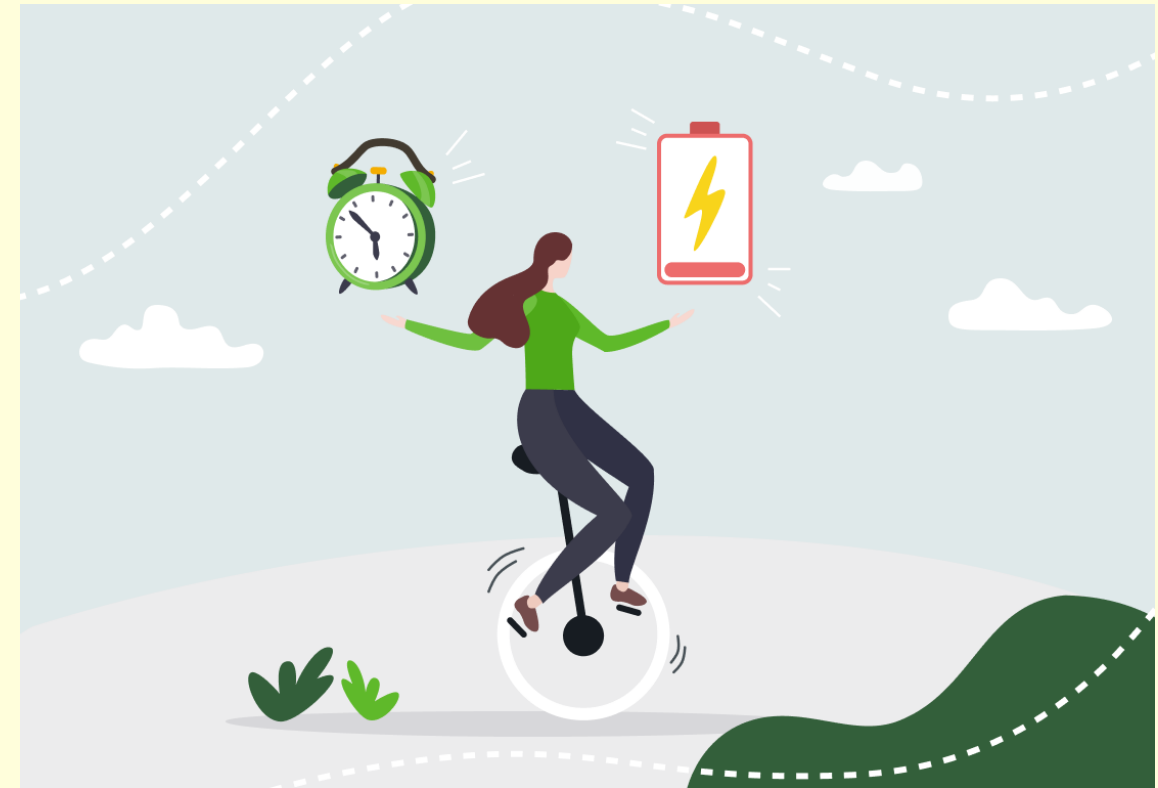
# How are you doing?



## Thinking about the differences between time and energy

Planning out your day sounds good, but you won't get far without having the mental or physical energy to complete the tasks on your to-do list.

Try and consider each differently when planning your study.



This is the spoon theory, an everyday reality for those who live with a chronic illness.

## UNDERSTANDING CHRONIC ILLNESS THROUGH THE

# Spoon Theory

So, how would you like to use your spoons today?



get out of bed

☐

take a shower

☐

visit your doctor

☐

grocery shopping

☐

call your parents

☐

manage meds

☐

walk your dog

☐

take kids to school

☐

get dressed

☐

make dinner

☐

socialize

☐

go to work

☐



## Open University

- › Student carer flag
- › Carer's Bursary
- › Special circumstances

The Student Support  
Team (SST)

Help Centre

Support for carers

## Other sources

- › Local carer centre
- › Carers UK



