Welcome to our Yearbook, the annual report of the American Association of Caregiving Youth. It’s quite a challenge to capture the past year and put it on pages, but it’s a privilege to try.

You see, it’s not about the hard work and dedication of our staff and volunteers (which was tremendous), the leadership and encouragement of our board (which was unwavering), the support of our donors (which was generous) or even the success of the students we serve (which was stellar).

It’s really about the spirit inside these very special young people. It’s rare, pure, and radiant. We feel fortunate to stand alongside them. We are excited to share their stories knowing you will be inspired and motivated to help them along their journeys, just like us.

As we report on and celebrate the impact of the last year, we also look forward to the next few years ahead. New vision, new focus, and a renewed sense of urgency is driving us to build a larger community of supporters and donors around our cause. We must ensure our best and brightest youth are not dimmed by their family role of caregiver but are made to shine brighter because of it.

With thanks, the AACY board, staff and volunteers welcome you to Yearbook 2018-19.

Connie Siskowski, RN, PhD

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**CAREGIVING YOUTH FACT**

Caregiving youth outnumber children who are homeless or in foster care.
Serving Students Where They Are: School, Home and Community

Youth caregivers provide assistance for family members who are chronically ill, injured, elderly or disabled, often sacrificing their own education, health and well-being in the process. Since 2006, the AACY has invested in partnerships to support student-caregivers struggling personally and academically. Through a formal agreement with The School District of Palm Beach County, the Caregiving Youth Project provides direct services to youth from sixth grade through high school and connects them to service partners who help meet their basic needs for food, beds, clothing, and medical services.

The Project also provides youth with Skills Building groups, Lunch & Learn sessions, out of school activities (Camp Treasure, park days, bowling, college tours), and home help (respite, tutoring, computers, ramps, home repairs, medical equipment). Building on our long history of growth and success, The School District recently contracted the Project to expand its services to Lake Worth Middle School and Palm Beach Central High School. The School District also purchased the book I’m a Teen Caregiver. Now What? for all schools without a formal Caregiving Youth Project.

Middle Schools Served ➔ 14
High Schools Served ➔ 12
Total Students Served 2018-19 ➔ 550
Average Years a Student Benefits from the Project ➔ 5.5
Total Caregivers Plus Their Families Served since 2006 ➔ 1650

The Caregiving Youth Institute is growing its reach by advocating for caregiving youth nationwide, raising awareness regarding their needs, and offering solutions for their support. The Institute’s work is to C.A. R. E. – Connect kids; Advocate for legislation on their behalf; Research to increase knowledge; and Educate the public and professionals.

The Caregiving Youth Institute held its third annual conference in April 2019 with professionals from the United Kingdom and several states. The Institute also holds a leadership role in the Caregiving Youth Research Collaborative with University of North Carolina in Chapel Hill.

AACY’s Affiliate Network and its national partnerships are also growing to support more caregiving youth and reach our goal of zero student drop-outs in the U.S. due to family caregiving responsibilities.

2018-19 ADVOCACY

• AACY meets with Rep. Brendan Boyle in Washington D.C.
• FL Senator Lori Berman becomes Caregiving Youth Champion
• University of Miami Miller School of Medicine partners with AACY to conduct research and publish a study on caregiving youth and medication management
• The Hill publishes article on youth caregiving

AACY PRESENTATIONS

• Palm Beach County School Nurses
• New Jersey Caregivers and Florida Respite Conferences
• Psychologist Breakfast Group
• Caregiving Youth Institute Conference

MEDIA COVERAGE

• Documentary with Caregiving Youth Project students begun
• A Place for Mom Blog, July 2018, “Finding a Balance for Caregiving Children” and “A Day in the Life of a 10-Year-Old Caregiver”
• Russian publication Meduza, December 2018, – “Before Their Time, When Children Become Caregivers”

CAREGIVING YOUTH FACT

More than 70% assist a parent, grandparent or great-grandparent, while others care for disabled siblings or several family members.

34% assist more than one person in the household.

THE NEED FOR SUPPORT
In Palm Beach County and the U.S., caregiving youth are a hidden population of children who often sacrifice their education, health, well-being, and childhood to provide care for family members who are chronically ill, injured, elderly or disabled.

The Silent Epidemic (2006) reported that among young adults who dropped out of school, 22% did so to care for a family member. Without the support students receive in our Caregiving Youth Project, Palm Beach County would likely experience an increase in the school drop-out rate, impacting our community with more crime, disease and teen pregnancy. Caregiving without proper support also places these youth at risk for low education and job attainment, lifelong poor mental and physical health outcomes, and economic instability.

THE SIGNS OF SUCCESS
The Caregiving Youth Project works. Delivering programming during school for academic support, and after school for home visits and social activity provides structure, resources, and encouragement for students struggling to manage all their responsibilities and still be a kid every now and then.

CAREGIVING YOUTH PROJECT EVENTS
• Back to School Bash
• Camp Treasures
• Graduation Party
• Holiday Celebration
• Pajama Party at Strikes@Boca

CAREGIVING YOUTH PROJECT IMPACT
• More than 90% of students annually progress to the next grade level
• 98% annual student high school graduation rate
• 91% of graduates enroll in college, acquire post-secondary education or certification, or join the military

MY LIFE
Carlos, age 17

My responsibilities and tasks are many. I love my mother, who has been injured by two car accidents, and want to help her as much as possible. That means I help her get around the house, I cook, clean, and help with her medicine. I miss school a lot to go with her to the doctor so I can translate for her and talk about her needs. I need a job to help with the bills. It’s a struggle, and we hope for better every day. But I have big dreams. I try to keep up with school, and I’m in a band. Music is everything to me. I want to make it my life. Without the help I get through the Caregiving Youth Project, I probably would give up on my dreams. That’s why I share my story. The help we get keeps me going and believing.

CAREGIVING YOUTH FACT
Youth caregivers exhibit more anxiety and depression than non-caregiving peers.

What do you worry about? For most of us, it’s keeping up on the job, paying the bills, taking care of our health, making sure our kids feel safe and cared for. Here’s what caregiving youth worry about. Imagine if this were you at a young age?

WHO CARES FOR THEM?
Your gift takes care of youth who care for others.
You ease their worries and give them answers. Your gift gives more than the support these kids need to make it through their extra challenges, you give back precious hours of laughter, friendship, confidence, dreams, smiles and time to be young. Your gift gives them back a future.

NO DREAM DISCARDED
Dreams don’t have to be left behind.
Choosing to care for a loved one doesn’t have to sacrifice youthful hopes and plans. Remember AACY with your monthly or annual donation, give through a donor advised fund, donate supplies to our wish list (listed at aacy.org), and support a fundraising event to keep our kids dreaming.

NO FUTURE FORGOTTEN
A gift to AACY by bequest in your will, a charitable remainder trust, or a qualified charitable distribution ensures that vulnerable caregiving youth will always receive your support when they need it most. Contact us today to leave your forever impact on a young life.

DONATE TODAY:
Give online at aacy.org
Call 561-391-7401 or 800-508-9618

Make your check payable to AACY and mail to:
American Association of Caregiving Youth (AACY)
6401 Congress Ave. Ste. 200
Boca Raton, FL 33487
**Events**
- Hearts & “Soles” Gala
- Back to School Brunch
- Care-a-o-ke for a Cause

**Growth**
- Organizational restructuring to add Chief Operating Officer (COO) position

**Personal Impact**
364 youth caregivers shared their experience with AACY:
- 60 to 75% improved grades, had more help at home, could manage stress better, made new friends, and improved their own health.
- 80 to 95% no longer felt alone, felt good about themselves, knew more about caregiving, enjoyed better family relations, and wanted other students to know the benefits of the Caregiving Youth Project

**Total Revenue: $912,141**

- **Grants** $295,793 (32%)
- **Contributions** $326,036 (36%)
- **Fundraising Events** $197,318 (22%)
- **Other Income** $92,511 (10%)
- **Interest Income** $483 (<1%)

**In-Kind Contributions**
$105,326

**Program Expenses**
- Youth Services and Advocacy: $755,618
- Management and General: $116,878
- Fundraising: $29,060
MY LIFE

Subentz, age 13

Since I have been taking care of my mom life is very difficult. Now that the AACY program started caring for me, I have school supplies, services for my mom, and they help us at home. They take me to places I have never been with fun activities where I get to play and talk with friends and try to make a normal life. Now I have more time to enjoy myself than just worrying about my mom.

AACY is Grateful to our Major Partners and Donors

Batchelor Foundation, Boca West Children's Foundation, Daniel and Shoshana Davidowitz, McNally Family Foundation, Schmidt Family Foundation and Strikes@Boca