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 2019-20.

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CAREGIVING YOUTH FACT ➔ Middle and high school Caregiving Youth in Florida and in the US outnumber children of all ages who are homeless or in foster care.
Serving Students Where They Are: School, Home and Community

The Caregiving Youth 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 continued its contract with AACY.

Middle Schools Served ➔ 17
High Schools Served ➔ 12
Total Students Served 2019-20 ➔ 543
Average Years a Student Benefits in the Project ➔ 5.5
Total Caregivers Served since 2006 ➔ 1770

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. It plans for the next conference in November 2021. 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.

2019-2020 ADVOCACY

• University of Miami Miller School of Medicine partnered with AACY to conduct research with its MD/MPH students

• AACY received legislative support in Florida with expansion project reaching the Governor’s budget with FL Senator Lori Berman as Caregiving Youth Champion

• US Representative Lois Frankel met with caregiving youth and supported Dr. Siskowski’s appointment to HHS RAISE Family Caregiving Council’s faculty; her DC office staff obtained signatures of 23 Congresspersons

• Work began with PsychArmor to educate military families

• Dr. Siskowski participated in the Caregivers Conference and also Chronic Illness Forum at Palm Beach State College & with Dr. Faraone in No Barriers Summit

MEDIA COVERAGE

• Documentary with Caregiving Youth Project students continues

• Boca Living article featuring the Siskowski family

• Sun Sentinel featured People on the Move of new Board members

• The Invisible Faces of Youth Caregivers

• iHeart radio podcast

• Charlie and AJ Poole of McLean, VA participated in the Boca Brain Bowl

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, in Florida and in 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 2019 FL Youth Risk Behavior Survey resulted in discovering there are more than 290,000 public middle and high school students who are caregiving.

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. It delivers programming during school and after for academic and personal support, conducts home visits and provides social activities. The combination brings 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
• Bowling Party at Strikes@Boca

CAREGIVING YOUTH PROJECT IMPACT
• More than 95% of students annually progress to the next grade level or graduate
• 100% caregiving youth high school graduation rate in 2020
• 91% of graduates enroll in college, acquire post-secondary education or certification, or join the military

MY LIFE
Subentz, age 16

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. I want to be a nurse when I graduate from high school.
Take Care of Youth Who Take Care of Others

**Making Time To Be Young:**
**Happy. Safe. Secure.**

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, even when at Camp.

*Imagine if this were you in Middle School?*

<table>
<thead>
<tr>
<th>“What more can I do to help them, if I can’t do it?”</th>
<th>“What if she falls, what do I do?”</th>
</tr>
</thead>
<tbody>
<tr>
<td>“What can I do to improve the care that I give to my care receiver? What if I am sleeping &amp; something happens, how would I know?”</td>
<td>“How should I handle my mom’s mood swings?”</td>
</tr>
<tr>
<td>“What would happen if they need medicine when there is none left?”</td>
<td>“How can I not show my sadness and my fears to my Dad?”</td>
</tr>
</tbody>
</table>

**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
Investing in Caregiving Youth

Events
- Hearts & “Soles” Casino Night
- Virtual Bingo
- Holiday Celebration

Growth
- New funding from the Quantum Foundation allowed for expansion into Pahokee and Belle Glade

Personal Impact
364 youth caregivers shared their AACY experience:
- 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

How Your Support is Paying Off for Youth

In-Kind Contributions
$135,968

Program Expenses
Youth Services and Advocacy: $890,607
Management and General: $113,712
Fundraising: $36,311

Gabriel’s voice being heard nationally!

Total Revenue $1,089,524
(Includes In-Kind)

Grants - $504,442 - 53%
Contributions - $304,141 - 32%
Fundraising Events $128,220 - 13%
Released Restricted Income - $16,667 - 2%
The Work of CYP in Progress

J recently entered the Caregiving Youth Project (CYP) through her middle school. She is a sixth grader, living with her father and grandmother, and an eight-year-old brother. Her father is deaf and non-verbal.

J’s grandmother has diabetes and suffered a stroke. J assists her with bathing, dressing, mobility, translation, laundry and administers medication. J spends six hours on a school day and all day on weekends providing care, including keeping her grandmother company.

The death of J’s mother has affected her to the point that she has yet to be able to talk about it. She is trying hard to be successful in school however she says it is difficult to get her homework done and she did not have either a laptop or Internet Access.

With the help of her aunt, J was able to attend and experience Camp Treasure. Her father picked her up from camp a bit earlier than scheduled; they do not have a car - his transportation for his daughter, along with her belongings, was his scooter.

Upon the recent home visit, the CYP Family Specialist said it was the "poorest appearing household" she has been to. Little furniture, hardly any proper clothing, food is sparse; and there were no beds.

How are we beginning to change the life and support this caregiving youth? We have provided the family with food resources; a tutor for J’s Spanish class; and a laptop. Sweet Dream Makers provided beds; and a personal emergency response system for J’s grandmother. The CYP Family Specialist is taking J to a nonprofit for clothes and a gift card is being used for other basic clothing necessities.

This is just one example of the important work of the CYP. We are so grateful to our collaborating partners to help this student and her family. Grief counseling is on the horizon along with some other needed ongoing supports.

AACY is Grateful to our Major Partners and Donors

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