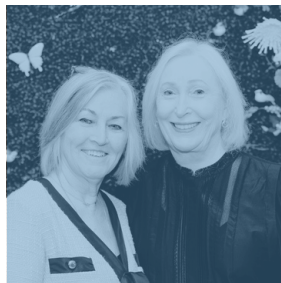




American Association of
Caregiving
Youth

American Association of Caregiving Youth, Inc.®

IMPACT REVIEW 2023–2024



VISION OF AACY

We envision a nation in which there is understanding, appreciation, and celebration of the lives of Caregiving Youth on their individual path to life's dreams and opportunities.

MISSION OF AACY

We champion youth who provide care for chronically ill, injured, elderly, and/or disabled family members. We support their role as caregiver and guide their success in school and life.



CHAMPIONING. CONNECTING. CELEBRATING.

Welcome to the Annual Report of the American Association of Caregiving Youth! This year, along with celebrating the 25th Anniversary of our nonprofit corporation, there have been many new challenges for our Youth and their families.

Our team's dedication and hard work – both staff and volunteers, including the AACY Board of Directors and Advisory Councils – were superior, never missing a beat. We were thankful to be able to reach new Caregiving Youth participants. It remains crystal clear that both the economic, immigration insecurities and housing challenges were continuing to adversely impact our families.

And yet, these very special youth persevered as best they could. We discovered an increase in the number of care receivers within Caregiving Youth families, thus increasing the significance of the depth of our work. We remain 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 last year, we also look forward to the years ahead. A renewed sense of urgency are 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, consultants, and volunteers welcome you to our Annual Report, 2023–24.

Connie Siskowski

Connie Siskowski, RN, PhD
President and Founder



A CAREGIVING YOUTH STORY

"Hello...my name is Michelle. I am 13 years old and live with my mom and elderly grandmother, who has Alzheimer's disease. As much as I love my grandma, it is so hard day after day to go straight home from school tired and take care of her. On days that my mom goes to work early, I must be sure she is up. I make her breakfast. Every day I feed her. I give her medicine. When my mom finally gets home from work, she is tired too.

I go to Boca Middle School, where I learned about the Caregivers. My school was the first school to participate in the Caregiving Youth Project (CYP). I had first gone to just see how it would benefit me. Then I found out it will benefit me in many ways.

My life changed when I joined this program. One day, I came home, and my mother said, we are going to get some help and it will be free. I didn't believe it when I first heard it, until the next Saturday when there was a very nice lady at my door. My family and the nurse soon became friends, and she enjoyed coming to help, and to talk to my grandmother.

Finally, my mom and I would have some time together and I would have some time for myself. **I feel like this caregiving association has helped me so much and taken a huge load off my shoulders. I've learned a lot in the Skills Building group at school and have made a few new friends. We see and learn from each other through different activities.**

Plus, since I was worrying about my grandma, my mom and our situation, I couldn't really focus in school. My grades started slipping. I couldn't stay after school or get to the library for help. So, the CYP provided me with a tutor who has helped me understand some lessons and improve my grades. **Nothing can change my grandma's illness, what can change is how I deal with it; I am doing so much better now!"**

The new Knowledge & Know How" sessions expanded the depth of learning about their important work.



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AACY PROGRAMS

Caregiving Youth Project | CYP

- Direct services for Caregiving Youth in Palm Beach County in school and at home.

Caregiving Youth Institute | CYI

- National advocacy and awareness for Caregiving Youth.
- Caregiving Youth Research Collaborative (CYRC).
- Public/Professional Education Conferences.
- Affiliate Relationships
- National Partnerships





Kids are no longer alone.

CAREGIVING YOUTH PROJECT | CYP

of the American Association of Caregiving Youth

Serving Students Where They Are: School, Home, and Community

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

Building on its 17 years of success, the CYP also provides youth with Skills Building groups, mentoring, Lunch & Learn sessions, out-of-school activities (Camp Treasure, park days, bowling, college tours), and in-home help (respite, tutoring, computers, ramps, home cleaning and repairs, medical equipment). Participants remain in CYP for an average of five and a half years.

Middle Schools Served  **20**

High Schools Served  **15**

Total Students Served 2022-23  **614**

Average Years a Student Benefits in the Project  **5.5**

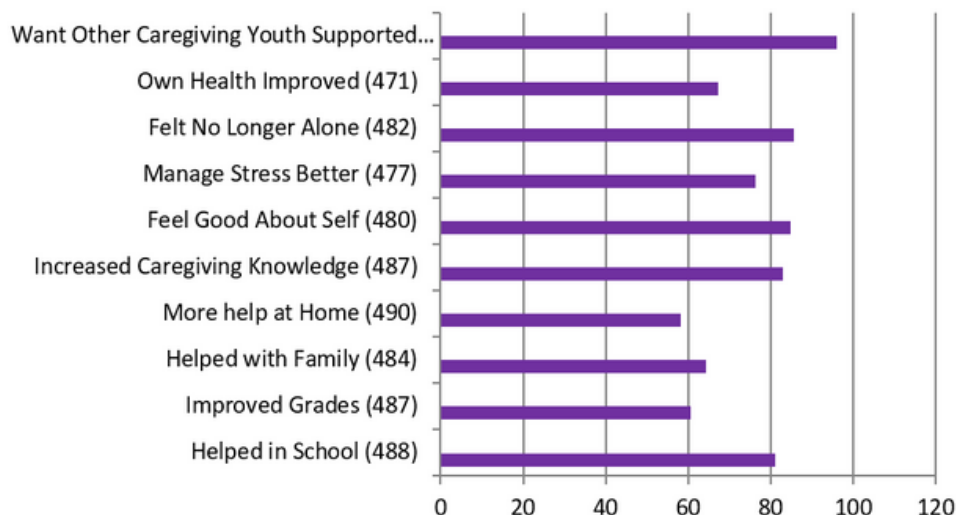
Total Caregivers Served since 2006  **3,000**

Caregiving Youth Fact

In 2019 middle and high school Caregiving Youth in Florida and in the US out numbered children of all ages who are homeless or in foster care.

Caregiving Youth Project (CYP) Results 2023-24

- End of Year Feedback of 494 Students – 65.5% Female
- How the CYP Helped Them – Services are In and Out of School and at Home
- Respondents cared for 751 Family Members (78.6% of whom are Adults)



% YES

- Respondents are Caregiving Youth who are from Palm Beach County Schools.
- CYP Services are needs-driven at no cost to them or their families; not all students receive the same support services.



The Voice for kids in the United States.

CAREGIVING YOUTH INSTITUTE | CYI

of the American Association of Caregiving Youth

Spanning the Caregiving Youth World: Local. State. National.

The Caregiving Youth Institute (CYI) is dedicated to improving the lives of all Caregiving Youth.

Advocating for their rights not only in Florida but nationwide: the CYI team pushes for legislation that supports Caregiving Youth and ensures their needs are met.

Raising awareness: Through various initiatives, the CYI educates the public and professionals about the challenges and needs of this "hidden population."

Offering support solutions: This includes **C.A.R.E.:**

Connecting Caregiving Youth with resources and each other.

Advocating for them through legislation and other means.

Researching their needs and experiences to better understand and support them.

Educating the public and professionals about Caregiving Youth.

CYI Highlights:

- **International Conference:** CYP Director Amoy Gordon presented in Birmingham with Dr. Betsy Olson of UNC Chapel Hill regarding the CYP and its successes.
- **White Paper Published:** Under Dr. Betsy Olson's leadership (UNC-Chapel Hill), CYI and the Caregiving Youth Research Collaborative completed the significant white paper at the end of 2023.
- **Research Initiatives:** In collaboration with Dr. Olson and funded by the National Science Foundation, research involving Caregiving Youth was completed; 48 students participated. The University of Miami's Miller School of Medicine partnered with CYI to involve MD/MPH students in research related to Caregiving Youth.
- **Expanding Network:** CYI's Affiliate Network has grown to include Colorado and Hawaii. Furthermore, there is a partnership with the Rhode Island Department of Education, which is the first in the US to incorporate Caregiving Youth into its statewide education policies.
- PSA videos and radio productions completed in English, Spanish & Creole.
- Caregiving Youth Week federal resolution declared: Reps. Lois Frankel, Scott, and Lee sponsored.
- AACY expanded its presence to a north office in West Palm Beach.
- We continue to increase outreach and awareness through newsletters, social media, web presence and featured press.

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!



AACY CYI NATIONAL AWARENESS HIGHLIGHTS



National Spotlight: AACY Featured in The Wall Street Journal

AACY's advocacy work was highlighted in the April 2024 Wall Street Journal feature, "Millions of American Kids Are Caregivers Now: 'The Hardest Part Is That I'm Only 17.'" The article shed light on the growing population of Caregiving Youth and the challenges they face in balancing school and caregiving duties.

Media Impact: AACY's Advocacy on Fox News

In May 2024, AACY President Connie Siskowski, RN, PhD, was featured on Fox News discussing the economic and social factors contributing to the rise of Caregiving Youth. The interview brought national attention to the critical support needed for these young individuals.

Raising Awareness: USA TODAY Highlights Caregiving Youth

In June 2024, USA TODAY published "Role Reversal: Millions of Kids Care for Adults But Many Are Alone. How to Find Help," featuring insights from AACY Founder Connie Siskowski, RN, PhD. The article highlighted the growing visibility of Caregiving Youth and the urgent need for support systems nationwide.

National Recognition: AACY Invited to Participate in Upcoming PBS Documentary "Caregiving"

AACY was invited to participate in a new national PBS documentary, Caregiving, set to be released in 2025. Produced in collaboration with Bradley Cooper, the documentary will spotlight the experiences of millions of people providing unpaid care to family members, further amplifying the voices and stories of Caregiving Youth across the country.

Recognized for Excellence: AACY Caregiving Youth Project Respite

The AACY Caregiving Youth Project Respite Program was renewed as an Innovative and Exemplary Respite Program by the ARCH National Respite Network and Resource Center through 2026. This recognition underscores the urgent need for respite services tailored to Caregiving Youth managing complex caregiving roles alongside their education.

Empowering Through Resources: Launch of the National Resource Guide for Caregiving Youth

In February 2024, AACY released the "Resource Guide for Caregiving Youth" on supportcaregiving.org. This comprehensive guide raises awareness, amplifies Caregiving Youth voices, and connects young caregivers with vital resources. Special thanks to NASHP and The John A. Hartford Foundation for supporting this critical initiative.

Expanding Influence: AACY Joins the National Health Council

In March 2024, AACY became a member of the National Health Council, joining over 150 national health organizations. This strategic partnership enhances AACY's ability to advocate for Caregiving Youth on a national scale, ensuring their voices are heard in health policy discussions.

Community Engagement: Caregiving Youth Advocacy Event in Charlottesville, VA

Dr. Richard Lindsay hosted an impactful advocacy and education event at Monticello High School in May 2024. The event featured expert speakers and personal testimonies from former Caregiving Youth, emphasizing the importance of recognition, support, and resources for middle and high school students who are caregiving.



STUDENT AND FAMILY IMPACT

The Caregiving Youth Project demonstrably empowers its young participants to achieve academic and personal success in school and life.

In 2024 100% of 60 active participants graduated from high school, and over 98% of CYP-supported students progressed to the next grade level.

It's important to acknowledge that post-pandemic economic challenges and the need to support their families have impacted post-graduation outcomes; still, over 80% of graduates are pursuing further education, certifications, or military service.

SIGNS OF SUCCESS

Delivering on Dreams: Now. Future. Forward.

- In Palm Beach County, Florida, and throughout the United States, 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 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. Unsupported caregiving by youth also places this population at risk for academic underachievement and job attainment, poor mental and physical health outcomes, and economic instability.** With support nearly 100% of active high school seniors graduate!

CAREGIVING YOUTH PROJECT RESPITE & RECOGNITION EVENTS

- **Back to School Bash:** Provides practical support with school supplies, help the students feel prepared for the new school year, and builds excitement for learning in a fun and social environment.
- **Camp Treasure:** The overnight camp for middle school Caregiving Youth offers a complete break from daily routines, allowing young people to engage in outdoor activities, build teamwork and problem-solving skills, and create lasting memories.
- **Graduation Party:** This event specifically recognizes the achievement of graduating Caregiving Youth, offering them a celebration of their hard work and commitment to their education and caregiving.
- **Holiday Celebration:** Provides a festive atmosphere during the holiday season, fostering a sense of community, recognition, and belonging for young people and their families who might otherwise feel isolated.
- **Family Day Picnic:** Encourages family bonding and creates shared positive experiences for Caregiving Youth and their families. It can also provide opportunities to connect with other families facing similar challenges.



The Caregiving Youth Project works! It delivers programming during school and after for academic and personal support, conducts home visits, and provides social activities centered around respite from caregiving. The combination brings structure, resources, and encouragement for students struggling to manage all their responsibilities and still be a kid every now and then.

SUPPORT MAKES A DIFFERENCE



This single mom is blind and is waiting for a kidney transplant. Disability income is inadequate so her son, who is out of the home, helps to financially support his mom. His sister provides care for their mom, plus she has a job in addition to school. AACY helped with some basics including linkages to food and providing furniture and clothing along with academic support and counseling.

DID YOU EVER HAVE WORRIES LIKE THIS WHEN YOU WERE IN MIDDLE SCHOOL?

"What would happen if they need medicine when there is none left?"

"Is there a way I can help my dad when I am at school?"

"What if he falls and I am not home to help?"

"My mom has kidney failure and I want to know if my mom will ever need a new kidney?"

"When you lose your loved ones, will it affect your life?"



Caregiving Youth Fact

Without support, Caregiving Youth exhibit more anxiety and depression than non-caregiving peers.

AACY PROGRAM EXPENSES

Youth Services and Advocacy:

\$1,494,649 – 82%

Management and General:

\$230,992 – 13%

Fundraising:

\$95,792 – 5%

AACY FINANCIALS

HOW WE RECEIVE OUR FUNDS

Grants – \$820,777 – 44.5%

Contributions – \$413,696 – 22.4%

In-Kind Donations– \$244,897 – 13.3%

Fundraising Events – \$359,036 – 19.5%

Interest and Other – \$5,144 – 0.3%

TOTAL REVENUE \$1,843,460
(INCLUDES IN-KIND)



■ Grants ■ Contributions ■ In-Kind
■ Fundraising ■ Interest/Other





Grateful to our Donors and Major Partners!



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Donate Today

Invest in the Future: Help Us Expand Support for Caregiving Youth Across America. ❤️

Most people have never considered Caregiving Youth as an issue that needs addressing, but we know that many of you will "get it" right away. If you are one of those people, **we need you on our team**, and **we need your financial support to help us grow**, reach, recognize, and support as many kids as possible as quickly as possible.



Join us in changing the world for generations of kids by donating to the American Association of Caregiving Youth.



Make your check payable to AACY and mail to:
American Association of Caregiving Youth (AACY)
6401 Congress Ave. Ste. 200
Boca Raton, FL 33487

Give online at aacy.org/donate
Call 561-391-7401 or 800-508-9618



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