Lifespan Respite Technical Assistance Center

Webinar

Youth Caregivers – They need respite, too!

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Presenters

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and

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American Association of Caregiving Youth (AACY®)
Boca Raton, Florida
What is AACY?

American Association of Caregiving Youth (AACY)
- Florida based non-profit corporation
- Established in 1998
- The only organization in the US dedicated solely to addressing caregiving youth issues
- Established the Caregiving Youth Institute in 2014

Caregiving Youth Project (CYP)
- Established in 2006
- Addresses the needs of pre-teens, teens, families, & professionals through education, awareness, research, & direct services
- Brings together healthcare, education, & the community
- Works in partnership with school districts
TRENDS – CHANGING POPULATION

❤ Economic Influences
❤ Women Working
❤ Single Parent & Multi-generation Households
❤ Grandparents as Parents
❤ Healthcare & Long-term Care Systems
  – Increased home care
  – Complex care at home
  – Cultural variances
At least 65.7 million adult family caregivers & 1.4 million child caregivers in the US

 CDC named adult family caregiving as a national health priority

37% of adult caregivers have children younger than 18 years of age – little is known about their role
HELP FROM MEDIA
Of young adults who dropped out of school, 22% said it was to care for a family member.

20 hours per week: The average number of hours that a caregiving youth spends caring for loved ones.

They sacrifice their education, physical and emotional well-being.

They become isolated from friends & lack socialization.

They miss experiencing their childhood.
WHO ARE CAREGIVING YOUTH?

❤️ Children & adolescents <18 years of age who provide significant assistance to relatives or household members who need help due to:

- Physical or mental illness
- Disability
- Frailty associated with aging
- Substance misuse
- Other conditions

❤️ At least 1.3 million caregiving youth, ages 8 to 18 years, exist nationwide as of 2005
RESPONSIBILITIES

• Personal care
• Medical care
• Household management
• Supervision
• Language translation in medical settings
• Emotional support

❤ Rare to receive information, education, respite or support
WHO THEY HELP

- 38% Grandparents & Great-grandparents
- 34% Parents
- 11% Siblings
- 9% Other Relatives
- 8% Non-relatives
HELP FROM MEDIA
WHY BE CONCERNED?

- Academic Challenges
- Physical Strain & Somatization
- Emotional Distress
- Socialization Impacts
- Childhood Lost
It can be Hard or Easy

It can be hard or easy. It all depends on how you look at it.

Brittney age 13
REWARDS OF CAREGIVING

❤ Special relationship with the care recipient
❤ Enhanced self-esteem when recognized for contribution
❤ Mature life skills
❤ Sense of purpose
❤ Increased empathy
CAREGIVING YOUTH PROJECT SERVICES

♥ In School - skills-building classes, support groups, lunch and learn sessions

♥ At Home - linking families with resources, providing computers, tutoring, respite and solutions for special needs

♥ Out of School - overnight camp, fishing, dining, educational and fun activities
IDENTIFICATION OF RESPITE NEEDS

❤️ Referral of student by AACY Team member, school staff or community agency
❤️ Self referral by CYP student of change in family circumstances
❤️ Initial home assessment
❤️ Evaluation of appropriate respite with consideration of existing resources
❤️ Assignment to respite paid by AACY
❤️ Monitoring and follow up
CYP RESULTS

- Help caregiver knowledge/skills
- Feel better about yourself
- Help you in school
- Make new friends
- Manage stress
- More time to enjoy activities
- Care for own health
- Help care recipient and family
- Grades improved
- Help at home
- New friends at other schools
IMPACT ON YOUTH & SOCIETY IN THE US

1.2M
Students dropped out of school in 2010

20%
Average high school drop out rate in 2012

Children of drop outs more likely to drop out

<$
High school dropouts earn significantly less than college graduates

30.8%
Poverty rate
AACY IS WORKING TOWARDS

Raising Awareness about caregiving youth among:

The Public

Professionals

Healthcare Education Community

Additional Funds Needed for:

- Update national research
- Develop the Caregiving Youth Institute and its partnerships
- Increase affiliate opportunities
- Expand the CYP
The Caregiving Youth Institute was established in April 2014 under the auspices of AACY.

The CYI provides the venue & opportunity to create the formal structure for what AACY has been informally providing for several years.

The CYI’s goal is to raise the level of awareness & multi-system needs of caregiving youth along with solutions or their support through the multiple aspects of C.A.R.E.
YOU CAN HELP!

❤️ Raise awareness about caregiving youth
❤️ Identify student-caregivers
❤️ Recognize them in healthcare settings
❤️ Be a source of support and respite
❤️ Work for system change & collaborations between healthcare, education & community
❤️ Assist AACY to expand services
❤️ Promote legislation; end reverse age discrimination
Morally & Economically
Supporting Caregiving Youth for Today & Tomorrow is the Right Thing to Do...

On behalf of these Hidden Heroes, for the benefit of our Children & Grandchildren, our greater Community & our Country
Thank You!
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