



## How YOU Can Assist Caregiving Youth

- ♥ Be aware of family health situations and the effects on the whole family, especially on children and their education
- ♥ Know that parents & grandparents who are themselves overwhelmed may not realize the effects of family health situations on their children
- ♥ Refer concerns about caregiving youth to the school nurse, social worker or guidance counselor
- ♥ Support school personnel in identifying and supporting caregiving youth
- ♥ Connect, when possible, caregiving youth peers with each other
- ♥ Foster relationships with community support services to strengthen caregiving families
- ♥ Encourage caregiving youth to read *I'm a Teen Caregiver. Now What?* and request help by calling their local information hotline
- ♥ Advocate for caregiving youth with legislators, religious and business leaders, the public and in educational and professional groups
- ♥ Attend the Caregiving Youth Institute conferences
- ♥ Take a proactive role – contact AACY about developing a Caregiving Youth Project or components of it through a non-profit in your community
- ♥ Refer students to Internet resources especially including [www.aacy.org](http://www.aacy.org) - American Association of Caregiving Youth

***Thank you on behalf of our nation's more than 1.3 million caregiving youth!***



**To donate, volunteer or for more information contact:  
American Association of Caregiving Youth  
1515 N. Federal Highway, #218, Boca Raton, FL 33432  
Call 561-391-7401 or 800-508-9618 or Visit: [www.aacy.org](http://www.aacy.org)**