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!*