



The national resource for the support of children who are caring for chronically ill, injured, elderly, or disabled family members.

Global News



Journal of Adolescence Volume 69, December 2018, Pages 33-43

Medication administration by caregiving youth: An inside look at how adolescents manage medications for family members.

By: Margaret Nickels, Connie Siskowski, Cynthia N. Lebron, Julia Belkowitz

Introduction: Children take on the role of family caregiver throughout the world. No prior published research exists

surrounding the particular circumstances of the task of medication administration and management by these youth, which was explored in this study.

Methods: A series of focus groups were conducted using semi-structured interviews of 28 previously identified caregiving youth ages 12-19 years old who live in the United States. Data analysis followed guidelines of conventional content analysis.

Results: The following categories emerged about youth caregivers handling medications: 1) tasks involve organizational and administrative responsibilities; 2) youth have varying degrees of knowledge pertaining to these medications; 3) most share responsibility with other family members; 4) they lack formal education about their responsibilities; 5) multiple challenges exist relating to this task; 6) managing medications is associated with emotional responses; and 7) possible safety issues exist.

Conclusions: These responsibilities represent a unique hardship and merit support and research from the medical, healthcare, legislative, and public health communities, among others.

Florida CDC News



The FL 2019 Youth Risk Behavioral Survey for the first time will include a question about caregiving.

CDC supports adolescent and school health efforts using state-of-the-art monitoring systems designed to collect, analyze, and disseminate data on youth risk behaviors and school health policies and

Resource Partner - YOU

Circle of Influence

Proactive people focus their efforts on their Circle of Influence. They work on the things they can do something about: health, children, or problems at work.

If you know someone that can provide AACY with aid, assistance, advice or introductions, please let us know.

Legislative News



US Congressman Boyle, of PA plans to submit a bill on behalf of teen caregivers.

AACY NAC updates



Sara Poole, is the new Chair of the AACY National Advisory Council. Dr. Carol Goodheart, immediate past Chair and former President of the American Psychological Association will be remaining on the Council.

Dan Look and Sara Poole, AACY National Advisory Council members, are working on a state-to-state outreach

practices.

CDC is committed to protecting and improving the health and quality of life of adolescents. Our nation's state and local education agencies and schools are significant partners in the effort to not only protect the health of adolescents, but to also help educate them on how to live a healthy life now and as they grow into adulthood.

[Learn more about the survey](#)

campaign about youth caregivers. They are also seeking Workforce Development Opportunities to use senior living communities as a hub that could provide education and certification to youth caregivers, many who wish to work in health care in the future, an area where increased talent is needed to serve our aging population. They will then work in the community when they become of age.

New Initiative



Back to School Wellness Brunch

What a great time we had at the first annual Back to School Wellness Brunch. Once again AACY and its community partners have put on an extraordinary event. As required by our Rotary Sponsor, students from our Boca Raton schools participated in a healthy brunch, and focused on healthy and positive habits to ensure a great start to the new school year. They signed up for a library card, made a bracelet for a loved one or themselves, took pictures in our photo booth, and of course danced the time away. We look forward to hosting this activity for students in the northern part of the County in the future!

Thank you author, [Michael Solomon](#) for the motivational presentation, [Edgewater at Boca Poointe](#), [Boca Raton Public Library](#), [Rotary Downtown Boca Raton](#), and volunteers.

Expansion Committee



Board Chair Joe Kraus is providing leadership to grow AACY. The AACY Board has formed a new Expansion Committee that Joe will also Chair.

Opportunities for Helping Youth Caregivers



Buy a drawing ticket to win two tickets to Hamilton, at the Broward Center of Performing Arts. \$50 for one chance \$100 for three chances. You do not have to be present to win, the drawing will take place November 3rd at our annual Hearts & "Soles" gala.



SAVE THE DATE

November 3, 2018

Resource Partner



AACY is so thankful for new support from the Palm Beach Flagler Rotary Foundation. We appreciate their understanding of the financial needs of AACY so that we can continue to provide support services, especially academic and respite for the many youth caregivers in Palm Beach County!

Saturday, November 3rd, Hearts & "Soles" AACY Takes on Broadway!

Respite Care For Veterans



Nine Steps to Respite Care for Military Caregivers

prepared for the Elizabeth Dole Foundation - Hidden Heroes and published here with their permission.

Military and Veteran Caregivers may face special challenges. Sometimes, Veterans have unique physical, emotional and behavioral conditions that require specialized care. For example, younger Veterans may have traumatic brain injury, spinal cord injuries, amputations and post-traumatic stress disorder. Aging Veterans also may be diagnosed with dementia, including Alzheimer's disease. Providing care for these Veterans can be complicated and challenging. It is important for you to be aware of a resource called respite care. Respite services can provide you with a much needed break away from your caregiving responsibilities and this fact sheet can help you find and use respite.

[Caregiver Fact Sheet](#)

The Hidden Caregivers: Young People Taking on a Larger Role

Psychology Today

New research shows that many young people have significant caring roles at home. Posted Sep 14, 2018 By: Stephen Joseph Ph.D.

www.psychologytoday.com

BBC

Research is important to increase the awareness of professionals from healthcare education and social services as well as for the development of sustainable policies and intervention strategies.

[Read the BBC report by Claire Kendall](#)

Resource Book

Available through

[Amazon](#) and [Rosen Publishing](#)



Honorary Chair - Arlene Herson.

Please contact Gerry Fallon at 561.391.7401 or gerry@aacym.org for more details. Visit www.aacy.org

Spotlight on...



Mark Balsom, Esq., new member of the American Association of Caregiving Youth Board.

Mark Balsom, Esq., is an attorney at The Presser Law Firm in Boca Raton. Mark represents individuals and businesses in connection with the establishment of asset protection plans that incorporate both domestic and international components as well as estate planning.

Mark is an alumnus of The University of Miami School of Law and attended Arizona State University for his undergraduate degree.

In The News And Raising Awareness

National Caregivers Conference

-10/11/18 in Iselin, NJ

Connie Siskowski, RN, PhD, Speaker

<http://nationalcaregiversconference.org>

RAPP Conference - October 25-27,

2018 in Teaneck, NJ

Connie Siskowski, RN, PhD, Primary

Presenter

[Conference highlights](#)

[US World News and Reports](#)

[A place for Mom Blog](#)

[YSD Scoop! Newsletter](#)

[WPTV.com](#)

Plan to Join April 4, 2019 Caregiving Youth Institute Conference, to be held in Boca Raton, FL

