



## **HOW AACY IS SUPPORTING CAREGIVING YOUTH DURING COVID-19**

### **What we hear from Middle and High school Caregiving Youth**

- They and their families have high levels of fear and stress
- Worries about health conditions, money, work, food and school prevail
- Privacy is minimal – in close quarters and sometimes unsafe neighborhoods so telehealth counseling and the ability to focus on school is a challenge
- “I’m not sure how much I care about school now”
- “I still need a break but my family doesn’t want anyone (respite worker) in our home at this time”
- “I can’t believe I will have no prom or real graduation”
- “My mom is in the hospital and it is almost two weeks since I have seen her”
- “My grandmother died from this and we can’t even go to her funeral”
- “My computer doesn’t work now”

### **Ways the AACY Team is serving Caregiving Youth and their Families**

- Our office remained open although most of the staff worked remotely with frequent Zoom connections
- Family Specialists and team connected with all youth and families with updated COVID-19 information and resource distribution sites
- Facilitated obtaining laptops and internet connectivity in cooperation with schools
- Individual counseling continued with a secure telehealth platform
- Respite services increased for some
- Academic support including tutoring prevailed
- Youth and families received resources for meeting needs ranging from masks and cleaning supplies to help with emergency care, utilities and rent
- Special projects included deliveries of needed medical supplies and equipment
- Provided delivered meals and food including “Instacarting” to many families
- M.A.C.Y. – Mentor a Caregiving Youth became virtual
- Bereavement support was offered
- Skills Building and activities for fun and relief became virtual tele-groups

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