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