



Educate, Advocate & Support

YOU JUST LEARNED CHILDREN & YOUTH ARE CAREGIVERS...

A Starter Kit for Professionals

If you've just discovered who young caregivers are—welcome!

If you're not totally sure who young caregivers are, they are the children and youth across the globe who are providing care to parents, grandparents, siblings, and other family members. In the US there are an estimated 5.4 million children and youth caregivers.

These young caregivers are supporting people with disabilities, chronic illnesses, age-related decline, and mental health conditions and more, yet their role often goes unseen. These children and youth provide care in a myriad of ways:



Understanding the realities of caregiving youth is the first step. We know that, as adults, it can be difficult to accept that children and teens are providing care. But for many young people, this is their daily reality, and denying it helps neither the caregiver nor the person they support. **That's why we're glad you're here!**

The resources below are curated to expand your understanding, offering research, lived experiences, and practical tools to better recognize and support caregiving youth.

Understanding the U.S. Landscape

REPORT ON CAREGIVING YOUTH IN THE U.S.

An overview of the scope and impact of youth caregiving nationwide.

Lessons from the Field: Supporting Youth Caregivers

Practical insights and recommendations from those already working with caregiving youth.

Global Perspectives

CHILDREN AS CAREGIVERS: THE GLOBAL FIGHT AGAINST TUBERCULOSIS AND HIV IN ZAMBIA

SUPPORTING YOUNG CARERS AGED 5–8 A RESOURCE FOR PROFESSIONALS WORKING WITH YOUNGER CARERS

SUPPORTING YOUNG CARERS AND THEIR FAMILIES: INFORMATION FOR HEALTH CARE PROFESSIONALS

A FRESH APPROACH TO SUPPORTING UNPAID CARERS

Condition Specific

HIDDEN HELPERS AT THE FRONTLINES OF CAREGIVING: SUPPORTING THE HEALTHY DEVELOPMENT OF CHILDREN FROM MILITARY AND VETERAN CAREGIVING HOMES

Highlights the unique needs and strengths of children in military and veteran caregiving households.

GRIEF THROUGHOUT THE LIFESPAN: SUPPORTING CHILDREN AND YOUTH IN ALS

Focused on loss, resilience, and the unique grief experiences of children.

ONLINE: CARING FOR CHILDREN AND TEENS IN MILITARY CAREGIVING FAMILIES

CEU course for primary care physicians, advance practice providers, and mental health professionals

TALKING TO YOUTH ABOUT ALS/MND GENETICS: A RESOURCE FOR FAMILIES AFFECTED

Help families understand genetic and the What, How, and When to talk to their Children

PARENT & FAMILY GUIDE: A GUIDE FOR TALKING WITH AND SUPPORTING CHILDREN & YOUTHS

Clinical expertise and interviews with families to guide the conversation, provide examples of discussions, according to age and development.

Lived Experience & Emotional Wellbeing

RAISING AN EMOTIONALLY HEALTHY CHILD WHEN A PARENT IS SICK

Guidance for families navigating illness while prioritizing children's development.

I'M NOT ALONE: A TEEN'S GUIDE TO LIVING WITH A PARENT WHO HAS A MENTAL ILLNESS

A youth-friendly guide that validates feelings and provides coping strategies.

Support in Schools

SUPPORTING YOUNG CAREGIVERS IN THE CLASSROOM

A short video course designed to help educators and school professionals understand the unique needs, strengths, and challenges faced by military children providing care to a wounded, ill, or injured family member.

AT SCHOOL: A GUIDE TO SUPPORTING STUDENTS WHO HAVE BEEN AFFECTED BY ALS

A resource designed specifically for school staff, providing practical guidance and emotional support strategies to assist students navigating the challenges of having ALS impact their lives.