



Support and recognition lag behind as youth caregivers increase in numbers.

Description

Twelve-year-old Aleisha Thompson starts her day by getting her mom's medication ready. She then prepares for school, making sure her mom eats before heading to the bus stop. Throughout the day, she texts her mom to remind her to take her medicine and eat. Thompson's mom, Shelia Boatley, has diabetes and is disabled, unable to care for her children due to various health issues. This situation is common in many households across America, putting a strain on families and children.

According to the American Association of Caregiving Youth (AACY), an estimated 5.4 million children provided care to family members with health issues in 2019. However, this number is likely higher. In the U.S., there is little government support for young caregivers, unlike in countries like the U.K. and Australia. Nonprofits like AACY offer assistance to young caregivers, providing support, skills training, and connections to others in similar situations.

The lack of government aid and limited options for families make it challenging for young caregivers. Planning ahead with long-term care insurance or hybrid life insurance can help alleviate some of the financial burdens.

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Vocabulary List:

1. **Caregiver** // (noun): A person who provides care to another typically a family member or friend.
2. **Disability** // (noun): A physical or mental condition that limits a person's movement, senses, or activities.
3. **Diabetes** // (noun): A disorder where the body has difficulty regulating blood sugar.
4. **Strain** // (noun): Pressure, stress, or burden.
5. **Nonprofit** // (noun): An organization that uses its surplus revenues to further achieve its purpose rather than distributing them as profit or dividends.
6. **Alleviate** // (verb): To make suffering, deficiency, or a problem less severe.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which condition is characterized by high levels of glucose in the blood?

- Option: Diabetes
- Option: Arthritis
- Option: Infections
- Option: Loneliness

2. What is the term for taking actions to stop something from happening?

- Option: Strain
- Option: Prevent
- Option: Exacerbated
- Option: Impact

3. What term is used to describe a widespread occurrence of a disease in a specific community at a particular time?

- Option: Well-being
- Option: Epidemic
- Option: Cycling
- Option: Secretions

4. What does it mean to make suffering, deficiency, or a problem less severe?



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- Option: Surgeon General
Option: Alleviate
Option: Multidisciplinary
Option: Debris
5. Which exercise type focuses on building muscle mass and strength?
Option: Stationary
Option: Swimming
Option: Therapist
Option: Strength training
6. Which term relates to principles of right and wrong behavior?
Option: Impact
Option: Ethical
Option: Nonprofit
Option: Recommendations
7. Which word describes having difficulty and making efforts to overcome it?
Option: Diabetes
Option: Struggling
Option: Inflammatory
Option: Caregiver
8. What term describes something that has been missed or not considered?
Option: Prevent
Option: Overlooked
Option: Alleviate
Option: Diabetes
9. What is the feeling of being sad and alone?
Option: Multidisciplinary
Option: Loneliness
Option: Impact
Option: Surgeon General
10. Which type of medication is used to treat fungal infections?
Option: Antifungal
Option: Exacerbated
Option: Cycling
Option: Arthritis



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ from healthcare professionals can help individuals manage their condition better.
12. The new policy had a significant _____ on the community.
13. Heavy lifting can put a lot of _____ on your back muscles.
14. After the storm the streets were covered in _____ from damaged buildings.
15. Social activities can help combat feelings of _____ in individuals.
16. Proper hand hygiene is crucial in preventing the spread of _____ in healthcare settings.
17. The lack of rain _____ the drought conditions in the region.
18. A _____ provides support and assistance to individuals who need help with daily activities.
19. The construction of a new road will have a significant _____ on local traffic.
20. Regular exercise is important for overall health and _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The organization operates as a nonprofit and focuses on charitable activities to support the community.
22. Mucus and other bodily fluids are examples of these that can transmit infections.
23. The treatment plan involved a approach including input from doctors therapists and nutritionists.
24. The is responsible for providing information on public health and wellness initiatives at a national level.



25. is a great low-impact exercise that can improve cardiovascular health and muscle strength.
26. Regular can help improve joint mobility and overall fitness levels.
27. is a condition that causes inflammation and stiffness in the joints leading to pain and reduced mobility.
28. Using a bike at home is a convenient way to get in some cardio exercise.
29. The physical guided the patient through exercises to help improve muscle strength and flexibility.
30. An response in the body can cause redness swelling and pain.

Answer

Multiple Choice: 1. Diabetes 2. Prevent 3. Epidemic 4. Alleviate 5. Strength training 6. Ethical 7. Struggling 8. Overlooked 9. Loneliness 10. Antifungal

Gap-Fill: 11. Recommendations 12. Impact 13. Strain 14. Debris 15. Loneliness 16. Infections 17. Exacerbated 18. Caregiver 19. Impact 20. Well-being

Matching sentence: 1. Nonprofit 2. Secretions 3. Multidisciplinary 4. Surgeon General 5. Swimming 6. Cycling 7. Arthritis 8. Stationary 9. Therapist 10. Inflammatory

CATEGORY

1. Health - LEVEL2

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