Show your Support for Family Caregivers During National Family Caregivers Month!

November is **National Family Caregivers Month**! We’ve created this **Social Media Kit** that you can use to make celebrating caregivers via your social media accounts easy. This kit includes everything you need: core messaging, images, and handles for National Family Caregivers Month, and commonly used hashtags. Please contact us with any questions you might have. You can help by showing your support for **#CaregiverAnd** and encourage caregivers to celebrate the passions and interests that enrich their life.

#CaregiverAnd Graphics Specific for Your Audience
Download #CaregiverAnd graphics that highlight different diseases, conditions, and caregiving scenarios, that best suit your audience, using this link: [https://www.flickr.com/photos/caregiverand/albums](https://www.flickr.com/photos/caregiverand/albums)

**Facebook/LinkedIn/Instagram Posts**
#CaregiverAnd encourages family caregivers to celebrate the passions and interests that enrich their lives. That’s our focus this #NationalFamilyCaregiversMonth, a time to recognize and honor family caregivers across the country. Learn how you can participate by visiting [CaregiverAction.org/CaregiverAnd](http://CaregiverAction.org/CaregiverAnd).

#CaregiverAnd is all about remembering the passions and identities that make you who you are. This #NationalFamilyCaregiversMonth (and every day), as family caregivers, it’s important to remember this. Learn more & get involved: [CaregiverAction.org/CaregiverAnd](http://CaregiverAction.org/CaregiverAnd)

#CaregiverAnd knows that being a family caregiver is important, but so are the other passions that make up your life. That’s what we are celebrating this #NationalFamilyCaregiversMonth. Learn more & get involved: [CaregiverAction.org/CaregiverAnd](http://CaregiverAction.org/CaregiverAnd). Share your #CaregiverAnd selfie today!

#CaregiverAnd celebrates the passions and identities that enrich your life—beyond being a caregiver. Learn more & get involved: [CaregiverAction.org/CaregiverAnd](http://CaregiverAction.org/CaregiverAnd). Share your #CaregiverAnd selfie today!

#NationalFamilyCaregiversMonth

#CaregiverAnd encourages you to celebrate the passions and identities that help make you who you are—outside of caregiving. #NationalFamilyCaregiversMonth honors all of you dedicated to providing care for your loved ones. Visit [CaregiverAction.org/CaregiverAnd](http://CaregiverAction.org/CaregiverAnd) to learn more.
**Twitter Posts**

#CaregiverAnd encourages #caregivers to celebrate the passions & interests that enrich their lives. That’s the focus for NFCMonth, a time to recognize & honor family caregivers. Learn how you can participate by visiting @CaregiverActionNetwork: CaregiverAction.org/CaregiverAnd.

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#NationalFamilyCaregiversMonth

Caring for a loved one is a big part of your life, but not the only part. What are your hobbies and interests? #CaregiverAnd is about remembering what makes you who you are. For 2021 #NationalFamilyCaregiversMonth, visit CaregiverAction.org/CaregiverAnd to learn more.

**Suggested Hashtags**

<table>
<thead>
<tr>
<th>#CaregiverAnd</th>
<th>#NFCMonth</th>
<th>#NationalFamilyCaregiversMonth</th>
</tr>
</thead>
<tbody>
<tr>
<td>#Caregiver</td>
<td>#Caregiving</td>
<td>#FamilyCaregiving</td>
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</tbody>
</table>

**Follow and Tag CAN on Social Media!**

- @CaregiverActionNetwork
- @CaregiverAction
- @caregiver-action-network
- @Caregiveraction