



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 it easy to celebrate caregivers via your social media accounts.

This kit includes everything you need:

- core messaging
- images
- handles for National Family Caregivers Month
- commonly used hashtags

Please contact [us](#) with any questions you might have. You can help by showing your support for [#CaregiversConnect](#).

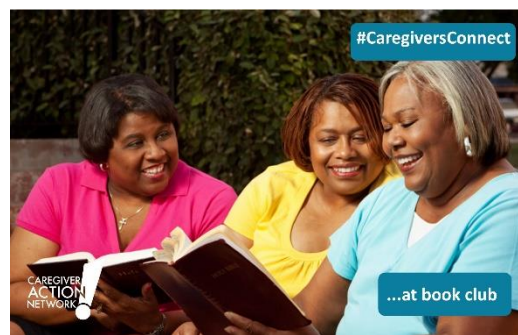


#CaregiversConnect when you're sitting in the waiting room of your loved one's cardiologist's office and start comparing experiences with the caregiver sitting next to you. #CaregiversConnect at the support group for Alzheimer's caregivers at the community center.

#CaregiversConnect to information when you visit the website that your wife's cardiologist recommended. And #CaregiversConnect when you call your grandpa who lives several states away and is living with Parkinson's.

#CaregiversConnect raises awareness of your role as a family caregiver as you find out your co-worker is caring for a child with the same rare disease as your sister or the woman sitting next to you at church is also caring for parents who are aging.

The idea behind the campaign is to reflect a caregiver's reality that when #CaregiversConnect, whether it's for support, to get information, or just to talk to someone who understands what you're going through, it can help you feel less isolated. You are not alone.



Suggested Hashtags

#CaregiversConnect	#NFCMonth	#NationalFamilyCaregiversMonth
#Caregivers	#Caregiving	#FamilyCaregiving



Facebook/LinkedIn Posts

Sometimes #CaregiversConnect when they're waiting in the oncologist's waiting room and start talking to the caregiver sitting next to them. Go to www.caregiveraction.org/caregiversconnect to learn more. #NationalFamilyCaregiversMonth.

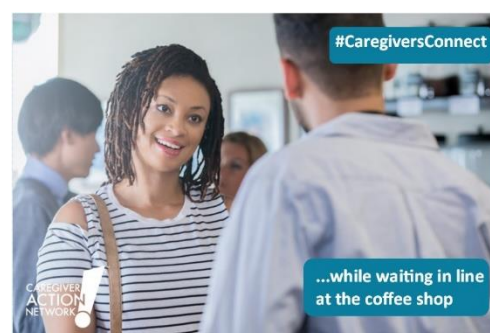
Sometimes #CaregiversConnect when their loved one just had a stroke and they talk to their doctor to find out more about what happens now. Visit www.caregiveraction.org/caregiversconnect for more information. #NFCMonth

#CaregiversConnect when they talk to other caregivers to ask where to find the great resource they saw about the importance of self-care. Visit Stay Strong While Caregiving | Caregiver Action Network for more info. #CaregiversConnect #NFCMonth

#CaregiversConnect with their loved one when they visit their mom to see how she's doing and end up talking about the camping trip they took years ago. Go to www.caregiveraction.org/caregiversconnect for more. #NFCMonth

At times, #CaregiversConnect to other Alzheimer's caregivers at a weekly support group. Visit [Finding the Right Caregiver Support Group \(caregiveraction.org\)](http://Finding the Right Caregiver Support Group (caregiveraction.org)) for more. #NFCMonth

Sometimes #CaregiversConnect with another caregiver when they start talking to the person in front of them in the line to get their morning coffee and find out they both have a loved one with dementia. Go to www.caregiveraction.org/caregiversconnect for more. #NFCMonth



Twitter Posts

#CaregiversConnect while waiting in the oncologist’s waiting room & talking to the caregiver sitting next to them. Go to www.caregiveraction.org/caregiversconnect to learn more. #NationalFamilyCaregiversMonth.

Sometimes #CaregiversConnect when their loved one had a stroke & they talk to their doctor. Visit www.caregiveraction.org/caregiversconnect for more. #NFCMonth





#CaregiversConnect when they talk to other caregivers to ask where to find the resource they saw about the importance of self-care. Visit [Stay Strong While Caregiving | Caregiver Action Network](http://www.caregiveraction.org/caregiversconnect) for more info. #NFCMonth

#CaregiversConnect w/ their loved one when they visit their mom to see how she’s doing and end up talking about a past family trip. Go to www.caregiveraction.org/caregiversconnect for more. #NFCMonth

At times, #CaregiversConnect to other Alzheimer’s caregivers at a weekly support group. Visit [Finding the Right Caregiver Support Group \(caregiveraction.org\)](http://www.caregiveraction.org/caregiversconnect) for more. #NFCMonth

Sometimes #CaregiversConnect w/ another caregiver while standing in a line to get their morning coffee & start talking to the person in front of them—who also has a loved one w/ dementia. Go to www.caregiveraction.org/caregiversconnect for more. #NFCMonth

Follow and Tag CAN on Social Media!

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

