

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.



Stroke

This kit includes everything you need:

- Core messaging for social media and newsletters.
- I Care... Videos– within this [Flickr Album](#). **Individual videos are linked in this toolkit.**
- Social media 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 **I Care....**

This year's campaign, **I Care...**, highlights the importance of self-recognition and self-identity, an element of caregiving that we know is a significant barrier to caregivers accessing the information and resources necessary to support them throughout their caregiver journey.

I Care... will raise awareness of family caregivers as we learn that a caregiver can be a man who lovingly cares for his grandfather who has heart disease by bringing groceries over every Saturday so he has healthy food to eat or a woman who diligently researches ways to relieve her son's nausea from chemo.

Suggested Hashtags

#NFCMonth2024
#Caregiver

#NFCMonth
#Caregiving

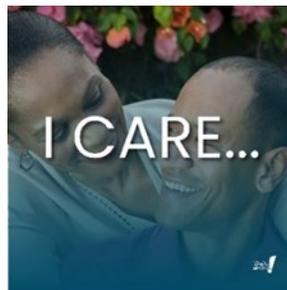
#NationalFamilyCaregiversMonth
#FamilyCaregiver



Alzheimer's



Cancer



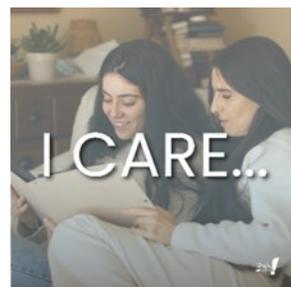
ALS



Asthma



Depression



Heart Attack



Rare Disease

Facebook/LinkedIn Posts

Going to help your sister isn't just what family does, it's also what caregivers do. That's what I Care.... is about. If you don't identify as a caregiver, you may not access all the resources out there to help you. Go to: www.caregiveraction.org to learn more. #NationalFamilyCaregiversMonth.

If you're helping a friend every day, you may not consider yourself a caregiver—but you are. I Care... hopes you will recognize yourself as a caregiver and seek out all the resources available to support you. Visit www.caregiveraction.org/icare for more information. #NFCMonth

I Care... highlights the importance of self-recognition in connecting caregivers access to the information and resources necessary to support them in their caregiving journey. When your grandfather with Alzheimer's moves in with you, you're not just being a good granddaughter. You're a caregiver. Go to www.caregiveraction.org/icare to learn more. #NFCMonth #NationalFamilyCaregiversMonth

When you help your mom when she needs you, you're a good son—and a caregiver. I Care... encourages you to recognize this and connect to the resources and supports available to you. Visit www.caregiveraction.org/icare for more info. #NFCMonth

Calling in sick to work because your child is sick isn't just something a mom does. That's what caregivers do too! We're hoping that through I Care... you will identify as a caregiver and access the variety of resources available to help you. Go to www.caregiveraction.org/icare to learn more. #NFCMonth

You may not think that changing your plans to stay with your friend makes you a caregiver, but it does. I Care... raises awareness of all the family caregivers and the sources of support to help them. For more information, go to www.caregiveraction.org/icare. #NFCMonth #NationalFamilyCaregiversMonth

Follow and Tag CAN on Social Media!



@CaregiverActionNetwork



@caregiver-action-network



@Caregiveraction