



## Family Caregiver Day: Sample Social Media Posts

Use some of these sample social media posts to spread the word about Family Caregiver Day, or create your own! Remember to use the hashtag **#thxcaregivers** to join the conversation.

Graphics you can attach to your posts are also available. Click on each image to access a full-size version online. **Tip:** If you use a tool like Hootsuite to schedule posts in advance, send one every few days during the weeks leading up to Family Caregiver Day!

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April 3 is Family Caregiver Day in Ontario. Are you a caregiver or know of one? Thank a caregiver in your life at: <http://www.ontariocaregivercoalition.ca/thank-a-caregiver.html> or use #thxcaregivers

Caregivers of all ages deserve our gratitude this Family Caregiver Day! Sign the thank-you card at <http://www.ontariocaregivercoalition.ca/thank-a-caregiver.html> #thxcaregivers

Did you know there are almost over 500,000 family caregivers in Ontario between 15 and 24? April 3 is Family Caregiver Day #thxcaregivers

Young caregivers often provide an average of 14 hours of care per week #thxcaregivers

Sandwich generation caregivers have a lot on their plates—they provide care for both their aging parents and their children. #thxcaregivers

Nearly 375,000 caregivers in Ontario are 65 years or older. Thank a caregiver in your life at <http://www.ontariocaregivercoalition.ca> or #thxcaregivers.

Respite services give caregivers a chance to rest and recharge. April 3 is Family Caregiver Day—say #thxcaregivers by showing your support

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Those caring for someone with dementia provide 75% more care hours than other caregivers and experience 20% more stress. #thxcaregivers

We need a **Compassionate Care Benefit** for all Ontarians to have access to unpaid job-protection for 26 weeks when they have a family member gravely ill and also to receive compassionate care benefits during this leave. #thxcaregivers

Family Caregivers deserve job protection and EI benefits. Learn more and say #thxcaregivers at <http://www.ontariocaregivercoalition.ca>.

Family Caregiver Day is April 3. @HelenaJaczek and @Kathleen\_Wynne can say #thxcaregivers by increasing supports. <http://www.ontariocaregivercoalition.ca>