



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!

April 4 is Family Caregiver Day in Ontario. Thank a caregiver in your life at <http://www.ontariocaregivercoalition.ca> or use #thxcaregivers.

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

Did you know there are over 500,000 family caregivers in Ontario between 15 and 24? April 4 is Family Caregiver Day. #thxcaregivers

Sandwich generation caregivers have a lot on their plates – they provide care for both their aging parents & 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 & recharge. April 4 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

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

Family Caregiver Day is April 4. @DrEricHoskins and @Kathleen_Wynne can say #thxcaregivers by increasing supports. <http://www.ontariocaregivercoalition.ca>