

## **Facebook & Twitter for Caregivers**

Facebook and Twitter, so-called Social Media, are changing the way that people communicate and connect with one another. Think of it as a community available when you want to find resources or learn new information at any hour of the day.

For caregivers, these tools provide information and education in short, time-effective messages. If you "like" us on Facebook or "follow us" on Twitter we will post weekly messages about something specific to caregiving: stress management, finding resources, communicating with doctors, legal issues, and other valuable topics. These messages may also provide links to other resources including to online videos such as at the youtube.com video of a caregiver session taught by a nurse at a college.

Facebook messages are like a shorter newsletter. Twitter messages provide a very brief message (140 total characters or less) that may also provide a link to other resources.

*You will continue to receive monthly e-newsletters and announcements regardless of whether you join Facebook or Twitter messages.*

Below are easy steps to try Facebook and Twitter. Choose both or one.

**Facebook:** First, if you are not already part of the Facebook community, go to Facebook.com and create a simple page. We encourage you to limit the information you provide in the "profile" section if you are going to limit your use and are not looking for other "friends." People find you through the information you put into your Facebook page.

**Twitter:** Go to Twitter.com. Follow the easy steps to create an account.

Next steps:

Look for the County where you live	From your Facebook page, go to the Facebook Page listed below. Select "Like"	Go to Twiter.com Look for the account below. Select "Follow"
Dallas	Dallas Caregiver Resources	DallasCaregiver
Tarrant	Tarrant Caregiver Resources	TarrantCaregive <i>note there is no "r"</i>
Any of these counties: Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell and Wise counties.	North Texas Caregivers	CaregiversTx

**Invite other caregivers, families, and others to join you on Facebook and Twitter.**