Join in recognizing National Caregiver Awareness Month in May by sharing these social media ready posts showing others how to “Help Alberta’s Caregivers THRIVE!”

**T – Thank.** T – Thank. Take time to Thank caregivers in your community. Let's appreciate caregivers for all they do!

FACEBOOK, LINKEDIN

In May, as we honor National Caregiver Awareness Month and promote "Help Alberta's Caregivers THRIVE!", it is vital to acknowledge that caregiver burnout extends beyond healthcare—it is a social issue. Let's come together to support caregivers throughout Alberta by taking a moment to express our heartfelt appreciation and gratitude for their invaluable contributions to our communities. #Gratitude #CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/3G59R2D>

TWITTER (223 characters – 252 with spaces)

“Help Alberta‘s Caregivers THRIVE!” Caregiver burnout is preventable. Make time to express thanks to caregivers within the community and show gratitude for all they do!

#Gratitude #CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/3G59R2D>

**H – Help.** Offer assistance and support to a caregiver, an act of kindness and respite from caring. FACEBOOK, LINKEDIN

Recognize National Caregiver Awareness Month in May and “Help Alberta’s Caregivers THRIVE!” Caregiving can be stressful. Let’s support caregivers across Alberta by offering assistance, an act of kindness, or respite from caring.

#CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/3G59R2D>

TWITTER (197 characters – 221 with spaces)

“Help Alberta’s Caregivers THRIVE!” Caregiving can be stressful. Let’s support ABs caregivers by offering assistance, an act of kindness, or respite from caring.

#CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/3G59R2D>

**R – Recognize.** Acknowledge that caregivers have many roles and responsibilities and their care giving situations and journeys are unique and diverse.

# FACEBOOK, LINKEDIN

Recognize National Caregiver Awareness Month in May and “Help Alberta’s Caregivers THRIVE!” Acknowledge that caregivers have many roles and responsibilities, and their journeys are unique and diverse. Loneliness + Social Isolation = Increased Risk of Mortality.

Connect with and support a caregiver today! #CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/40qEHu9>

TWITTER (240 characters – 268 with spaces)

National Caregiver Awareness Month: Help caregivers THRIVE!

Loneliness + Social Isolation = Increased Risk of Mortality. Reduce caregiver social isolation by connecting with and supporting a caregiver today!

#CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/40qEHu9>

**I – Include.** Include family caregivers as part of the care team. FACEBOOK, LINKEDIN

1 in 4 Albertans (26%) is a caregiver who assists a family member or friend to navigate the challenges resulting from chronic illness, disability, or aging. Caregiver-centered care is person-centered care for family caregivers. An approach that respects and meaningfully involves family caregivers, recognizes and addresses caregiver needs, and includes family caregivers as partners in care. Learn more about how

health and social providers can “Help Alberta’s Caregivers THRIVE!” #CaregiverAware #HelpCaregiversTHRIVE <https://www.caregivercare.ca/>

TWITTER (241 characters – 273 with spaces)

1 in 4 Albertans are caregivers assisting a family member or friend with challenges associated with illness, disability, or aging. Learn about Caregiver-Centered Care to partner with and support caregivers. #CaregiverAware #HelpCaregiversTHRIVE

<https://www.caregivercare.ca/>

**V – Value.** Caregivers are more important than ever and make significant contributions to the care- recipient, health system, and society.

# FACEBOOK, LINKEDIN

“Help Alberta’s Caregivers THRIVE!” During May - National Caregiver Awareness Month - we recognize that family caregivers contribute $12-billion of unpaid care to Alberta’s economy annually.

Support a caregiver today as a way of thanking them for all they do! #CaregiverAware #HelpCaregiversTHRIVE

<http://bit.ly/3K0bbGn>

TWITTER (210 characters – 239 with spaces)

“Help Alberta’s Caregivers THRIVE!” AB's caregivers contribute $12-billion/year of unpaid care to our economy. Support a caregiver today as a way of thanking them for all they do!

#CaregiverAware #HelpCaregiversTHRIVE <http://bit.ly/3K0bbGn>

**E – Engage.** Establishing positive relationships with family caregivers’ based on trust, respect and empathy supports them and acknowledges their valuable contributions to society, and the health and social system.

# FACEBOOK, LINKEDIN

Recognize National Caregiver Awareness Month this May and “Help Alberta’s Caregivers THRIVE!” Caregiving can be overwhelming. Supporting ABs family caregivers with kindness, compassion, and community resources is vital to caregiver well-being and the ability to sustain care. #CaregiverAware #HelpCaregiversTHRIVE

<https://www.caregiversalberta.ca/>

TWITTER (225 characters – 251 with spaces)

Caregiving can be overwhelming. Supporting ABs family caregivers with kindness, compassion, & community resources is vital to caregiver well-being and the ability to sustain care. #CaregiverAware #HelpCaregiversTHRIVE

<https://www.caregiversalberta.ca/>