

Additional Facebook Posts and/or Tweets

The following Facebook posts and Tweets are designed to supplement the social media content in the Campaign Toolkit Guide. To access the full toolkit and all electronic campaign files, please visit www.ColoradoCaregiving.org.

Facebook Post

Providing care to loved ones can require an immense amount of time and financial resources. In fact, over half of caregivers must leave the workforce and are 2.5 times more likely to live in poverty. If you're feeling the financial strain of caregiving, visit www.ColoradoCaregiving.org to explore resources that can help. #COcaregiving

Tweet

After years of caregiving, the financial costs can add up. In fact, many caregivers suffer higher levels of economic hardship and are 2.5 times more likely to live in poverty. Explore resources that can prevent further financial strain at www.ColoradoCaregiving.org. #COcaregiving

Facebook Post

While caregiving can be a joyful experience of learning about yourself and your loved one, it can also take a substantial physical and emotional toll. To prevent burnout, caregivers can find much-needed support and options for self-care at www.ColoradoCaregiving.org. #COcaregiving

Tweet

1 in 5 caregivers report experiencing physical strain from performing caregiving duties. If caregiving is taking a physical or emotional toll on you or someone you know, there are resources that can help at www.ColoradoCaregiving.org. #COcaregiving

Facebook Post

Colorado is home to more than half a million people who are caring for a loved one. Whether this care involves aging concerns, an acute illness or a long-term disability, caregiving can be a heavy load to shoulder – and it’s okay to ask for help. Discover the resources available to you at www.ColoradoCaregiving.org. #COcaregiving

Tweet

Caregivers are highly likely to put the needs of their loved ones before their own wellbeing. Taking care of yourself can mean better care for your loved one. Learn how at www.ColoradoCaregiving.org. #COcaregiving

Facebook Post

Many of us help older, sick, or disabled family members and friends every day. We feel rewarded by it, but if the demands are heavy, over time we can also become exhausted and stressed. If you are caring for a loved one and need additional support, there is help available at www.ColoradoCaregiving.org. #COcaregiving

Tweet

Juggling caregiving responsibilities with the demands of your own life can be quite a challenge. It’s normal to feel overwhelmed, and it’s okay to ask for help. Get the caregiving support you need at www.ColoradoCaregiving.org. #COcaregiving