

## National Caregivers Day Social Media Toolkit

National Family Caregivers Month is celebrated each February and is a time to recognize and honor caregivers across the country. We encourage you to join us on Friday, February 16 by thanking all caregivers for their contributions to their families, friends, and communities.

**When:** February 16

**Why:** To recognize and support America's caregivers who provide a tremendous service.

Be sure to like, share, and retweet on social media! Amplify RCI's posts or share your own caregiving story. Don't forget to tag us @rcicaregiving and use the hashtag #ThankACaregiver or #NationalCaregiversDay on your platform of choice:

**Facebook:** [@rcicaregiving](https://www.facebook.com/rcicaregiving)

**LinkedIn:** [Rosalynn Carter Institute for Caregivers](https://www.linkedin.com/company/rosalynn-carter-institute-for-caregivers)

**Twitter:** [@rcicaregiving](https://twitter.com/rcicaregiving)

**Instagram:** [@rcicaregiving](https://www.instagram.com/rcicaregiving)

### Sample Social Media Posts

Today I am joining @rcicaregiving in celebrating America's 53 million family caregivers by showing my appreciation for their hard work and contributions to our families, our community, and our country. #ThankACaregiver

Join @rcicaregiving in honoring the #caregivers across the world who provide world-class care today and every day. #ThankACaregiver

@rcicaregiving invites you to celebrate #NationalCaregiversDay. I encourage you to #ThankACaregiver in your life and highlight the many contributions they make daily.

## Sample Social Media Graphics

