

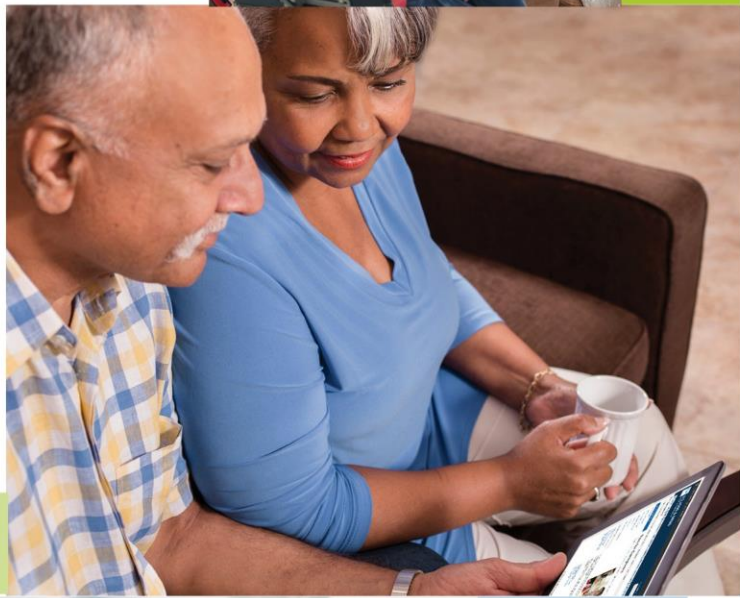


Caring for Others:

Tips for Medicines and Devices



PARTNER SOCIAL MEDIA TOOLKIT





Caring for Others: Tips for Medicines and Devices

Partner Social Media Toolkit

As the U.S. population ages, more people are becoming caregivers for family and friends. For most women, caregiving can become a normal part of everyday life. While these responsibilities can be fun and rewarding, new challenges can also arise.

The U.S. Food and Drug Administration (FDA) Office of Women’s Health has information to help women take care of their loved ones while also managing their own wellness. Topics include tips to help caregivers:

- Prepare food safely.
- Manage medicines and home medical devices.
- Learn about their loved one’s health condition.
- Keep their loved one on track with their treatments.
- Remember their own health needs.
- ...and much more!

This toolkit provides sample social media resources that your organization can use to help support caregivers. Please feel free to tailor these resources to best meet the needs of your organization and the people you serve. To learn more, visit www.fda.gov/caregivertips.

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Sample Tweets

1. Do you help a loved one manage medicines or medical devices? Learn how to avoid common mistakes: <http://go.usa.gov/xnvCV>
2. If you make meals for an older adult, learn more about how to safely prepare food: <https://go.usa.gov/xUsKN>
3. Taking care of a loved one? Remember to also take care of yourself: <http://go.usa.gov/xQdya>
4. Are you helping a family member or friend manage their healthcare? Get tips on how to help them with their medicines and medical equipment: <http://go.usa.gov/xnvCV>
5. Caring for a loved one? Use these resources to help: www.fda.gov/caregivertips
6. Keep your loved ones as healthy as they can be! Get info on caregiving here: www.fda.gov/caregivertips
7. Are you part of the “sandwich generation” providing care for both your children and parents? Use these tips to help you manage loved ones’ health: www.fda.gov/caregivertips
8. Managing meds for a loved one? Worried about making a mistake? Check out these safety tips: <http://go.usa.gov/xnvCV>
9. Are you a caregiver? If you help a family member or friend manage their health care or meds, the answer is yes. Check out this helpful info for caregivers: www.fda.gov/caregivertips
10. New to caregiving? Learn how you can help your loved ones: www.fda.gov/caregivertips
11. Get info on handling common challenges for caregivers, like sleep, medical devices, and preparing for emergencies: <https://go.usa.gov/xUsKe>
12. DYK: Caregivers often neglect their own health? Stay healthy so you can keep those you care for healthy as can be. Follow these tips: <http://go.usa.gov/xnvCV>



Sample Facebook Posts

1. Do you help your mom make sure she takes her medicines at the right time? Make meals for an elderly friend? Manage your dad's medical care?

Then you're among millions of Americans helping loved ones be as healthy as possible. You may not think of yourself as a caregiver, but you play a vital role that can be both challenging and rewarding. The FDA Office of Women's Health [Caring for Others webpage](#) has resources to help you:

- Assist in safely managing medicines and medical devices.
- Apply food safety principles when preparing meals.
- Handle issues like problems with sleep, bladder control, and medical equipment.
- Learn about your loved one's health condition.
- Care for yourself as you manage the care of your loved ones.

2. Do you help a loved one manage medicines or use medical devices? Check out these tips from the FDA Office of Women's Health [Caring for Others webpage](#) to keep your loved one safe and on track with their treatment:

- [Keep a list](#) of all medicines and doses. Include prescription and over-the-counter medicines, vitamins, and herbal and dietary supplements.
- Give the right amount of medicine at the right time. Ask a healthcare provider if you have questions.
- Store medicines safely. Make sure medicines are taken only when they should be taken, and only by person they're meant for.
- Use home medical devices safely. Ask a healthcare provider to show you how to safely use them.

For more tips, visit www.fda.gov/caregivertips.



Sample Blog Post

Caring for Others

[Your organization's name] is working with the FDA [Office of Women's Health](#) to support the millions of Americans who are caring for others by helping family and friends manage medicines and home medical devices.

Here are 4 [tips for caregivers](#):

1. **Get the facts.** You need to know what each medicine is for and how it should be taken. You also need to know how each device works.
2. **Follow directions.** Taking too much or too little medicine can make your loved one very sick. Use the medicines and devices as directed.
3. **Stay organized.** Simple steps can help your loved one stay safe and stick to their medication routine. They can also help make your work easier. Keep track of any changes in your loved one's health. Report problems to their healthcare provider.
4. **Be prepared.** Don't be caught off guard. Make a plan for emergencies.

For more tips and free outreach resources, visit the FDA Office of Women's Health [Caring for Others webpage](#).



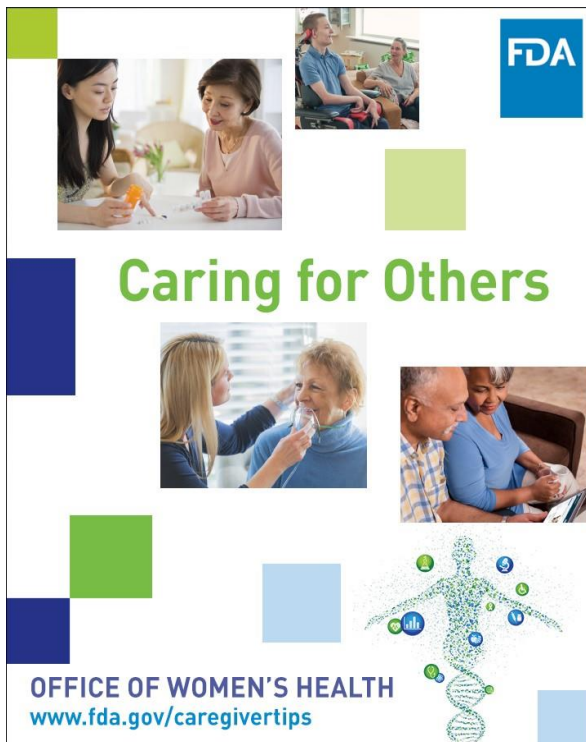
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Sample Graphics

Use these graphics on your Facebook or Twitter accounts to accompany the social media messages above.

Facebook



Twitter

