

National Family Caregivers Month – 2011

Check out our Ten Tips to Celebrate this November

National Family Caregivers Month is a time to thank, support, educate and empower family caregivers. At Lotsa Helping Hands, our goal is to support caregivers by empowering a person's 'circles of community' to help during times of need. Join us this November to highlight and celebrate caregivers as well as the services that support them.

- 1 Check Your Links** We know that you are featuring your version of Lotsa Helping Hands on your web site, but now might be a great time to check those links. Are they visible from your home page? Are they clearly included in your caregiving resources area? Consider bolstering this placement this month!
- 2 Spread the Word** If your staff and volunteers are regularly participating in the local community, make our flier part of your outreach efforts. You can print it during support group meetings, distribute it on community bulletin boards or include it in a welcome packet that you provide to families you serve. Ask us to create a co-branded partner flier for you, with your logo and messaging!
- 3 Lotsa Helping Hands Webinars** We are delivering monthly webinars to educate patients, caregivers and the people supporting them with information about the Lotsa Helping Hands service. Join us on November 16 for a caregiving webinar.
- 4 A Webinar for You** Ask us to present a customized webinar for your group. Nonprofit Premier Partners are not charged for this service – we will take care of everything for you from registration to reporting!
- 5 Use Your Newsletter** Consider including an article about caregiver support in your upcoming newsletter. Need ideas? Ask us for a template.
- 6 Educate from Within** Host a lunch and learn workshop at your office about family caregiving. Chances are you have family caregivers on your team who may need a refresher on what they can do to make their lives easier.
- 7 Follow Friday on Twitter** Feature caregiving groups every Friday in November on Twitter. Need sample Twitter handles? Ask us!
- 8 Participate in Caregivers Monday** Join us on Caregivers Mondays and post a caregiving tip or resource on your social media sites.
- 9 Visit and Share** Check out the National Family Caregivers Association's web site for the latest caregiver resources and share them with people you love.
- 10 Presidential Proclamation** Distribute President Obama's Proclamation for National Family Caregivers Month 2011. You can find it by clicking [here](#).



Lotsa Helping Hands
create community

Have questions? Want to discuss
your plans for NFC Month?
Contact marketing@lotsahelpinghands.com