

Tweet Sheet

In celebrating National Family Caregiver Day, we want as many individuals as possible to talk, text, and tweet about family caregivers. Our objective is to increase the awareness and recognition of family caregivers in our society. Through twitter chats, sometimes known as tweet chats, we can create an online community of sharing where at least for one day, the world comes together to talk about family caregivers and inspire others to action.

Join our national conversation in recognition of family caregivers by adding **#careandwork** to your tweet.



To facilitate your voice on twitter, we have prepared few tweets that you can simple add to your twitter handle.

1. Today is National Family Caregiver Day - A day to pay tribute to the valuable contribution of family caregivers to our lives #careandwork (138 chars)
2. Know someone balancing work and caregiving? Log in to the CCC's Online Education Forum – Caregiver Information Day #careandwork (130 chars)
3. Who are family caregivers? Check out the Canadian Caregiver Strategy <http://ow.ly/L20bH>. #careandwork (104 chars)
4. It is estimated that family caregivers provide \$25–30 billion dollars of unpaid care every year. #careandwork (111 chars)
5. Over 8 million Canadians have taken on this caring role, and this number is expected to increase due to our aging population #careandwork (139 chars)
6. 6.1 million employed Canadians must balance personal commitments, caregiving duties and work responsibilities. #careandwork (126 chars)
7. Supporting caregivers at work is a smart business strategy! Learn how to @ESDC Report: <http://ow.ly/KWZy0>. #careandwork (119 chars)
8. 50% of caregivers are between the ages of 45-65, in their peak earning years with valuable skills and experience. (126 chars)
9. 1 in 4 caregiver balance child rearing, caregiving, and paid work responsibilities.#careandwork (109 chars)

10. The balancing act of care and work can impact a family caregiver's financial, emotional and personal well-being. [insert infographic] (125 chars)
11. When family caregivers experience negative consequences, there is also an enormous impact on Canadian employers & our economy #careandwork (139 chars)
12. At an aggregate level, productivity losses to employers and our economy for not supporting family caregivers are enormous #careandwork (138 chars)
13. Each month >520,000 employed caregivers absent from work due to care - collectively 1.5 million work days/month #careandwork (125 chars)
14. Each week >313,000 employed caregivers reduced work hours to provide care - collectively worked 2.2 million fewer hours/week #careandwork (139 chars)
15. IMPACT OF NOT SUPPORTING FAMILY CAREGIVERS ON THE CANADIAN ECONOMY: \$1.3 billion in lost productivity per year #careandwork (124 chars)
16. Employee caregivers can spend the equivalent of a full work day providing care and for an average of 3 years #careandwork (123 chars)
17. 19% of caregivers indicated that their physical and emotional health suffered #careandwork (90 chars)
18. 28% of caregivers found providing care to be stressful #careandwork (67 chars)
19. How do you balance work and caregiving responsibilities? Check out tips and tools by the CCC <http://ow.ly/L26T2> #careandwork (126 chars)
20. Check the costs of lost productivity of not supporting caregivers on your bottom line- <http://ow.ly/KX0fp> #careandwork (118 chars)
21. Try this 'Caregiving Planner' to learn the potential impact CGing has on your time & financial resources <http://ow.ly/KWZZA> #careandwork. (137 chars)
22. Caring involve all of us. Check out the infographic <http://ow.ly/L26T2> #careandwork (84 chars)
23. Make a caregiving-friendly environment part of your corporate philosophy. Here are 7 tips and tools for you <http://ow.ly/L26T2> #careandwork (140 chars)