



National Caregivers Day Social Media Toolkit

National Caregivers Day is celebrated every third Friday of February. This year the holiday is observed on Friday, February 16. National Caregivers Day is dedicated to recognizing and celebrating caregivers for their tireless dedication and compassion of their loved ones. This day is an opportunity to acknowledge their selfless efforts and express our appreciation for their invaluable service.

Join NAC in amplifying the significance of National Caregivers Day!

Here's how you can participate:

- Share NAC's social media post by reposting/ retweeting
- Share your own personal caregiving message
- Use hashtags #53MillionStrong, #CaregiverNation and/or #NationalCaregiversDay to follow the collective impact

Together, let's celebrate and honor the dedication of caregivers!

Sample Social Media Post

Today, I am joining The National Alliance for Caregiving to honor our #53MillionStrong caregivers & the direct care workers who support them. As we celebrate #NationalCaregiversDay, let's pledge to continue advocating for all caregivers to receive the resources they deserve. Thank you for your selfless commitment to our #CaregiverNation!



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Let's Get Social

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