



MONTANA LIFESPAN RESPITE – SEPTEMBER COMMUNICATION TOOLKIT – SELF-CARE MONTH

Thank you for helping the Montana Lifespan Respite Coalition spread the word about our efforts to strengthen the respite response for all family caregivers statewide. The messages and graphics in this communication toolkit can be used to reach your network. Feel free to adjust them to better suit those you serve.

SOCIAL MEDIA MESSAGES – FACEBOOK FOR SEPTEMBER (see graphics below)

1. In providing care for others, we often overlook taking care of ourselves. During September's Self-Care Awareness Month take time to prioritize your own health and well-being. Start by learning about available respite options at montana.my-adrc.org and dphhs.mt.gov/respite. #respiteitsok
2. If you are one of the 118,000 family caregivers in Montana, you know how hard it can be to prioritize your own health and well-being. During the month of September, Self-Care Awareness Month, prioritize your own health and well-being. Start by learning about available respite options at montana.my-adrc.org and dphhs.mt.gov/respite. #respiteitsok
3. Is taking care of yourself often your last thought? Remember, you can't pour from an empty cup. This is Self-Care Awareness Month a time to start making your own health and well-being a priority. Start by learning about available respite options at montana.my-adrc.org and dphhs.mt.gov/respite. #respiteitsok

SAMPLE NEWSLETTER MESSAGE FOR SEPTEMBER (see graphics below)

September is Self-Care Awareness Month ***Resources are available to help caregivers***

Montana has approximately 118,000 caregivers, providing over 100,000 million hours annually of unpaid care. These family caregivers are providing critical assistance to loved ones with various disabilities and diseases. Nearly all caregivers recognize their care is vital to their loved one's independence, yet more than half admit to experiencing stress, depression, and isolation. Caregivers all too often put their own needs last, worsening their stress and compounding other health issues.

During September, Self-Care Awareness Month, the Montana Lifespan Respite Coalition urges caregivers to start making their own health and well-being a priority. In partnership with the Aging and Disability Resource Center (ADRC), the Coalition offers a resource website, including information on respite vouchers, caregiver training, as well as respite providers, and programs for seniors and people with disabilities. Learn more at montana.my-adrc.org and dphhs.mt.gov/respite.

GRAPHICS

TAKE TIME
FOR YOU

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



TAKE TIME
FOR YOU

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



TAKE TIME
FOR YOU

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



TAKE TIME
FOR YOU

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



YOU'RE NOT IN
THIS ALONE

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



YOU'RE NOT IN
THIS ALONE

It's OK to need it,
it's OK to want it,
and it's OK to get it.
Montana Lifespan Respite



Background

The Montana Lifespan Respite Coalition is comprised of practitioners and individuals from throughout the state working to address the growing needs of Montana's more than 118,000 family caregivers. In partnership with the Aging and Disability Resource Center (ADRC), the Coalition offers a resource website, including information on respite vouchers, caregiver training, as well as respite providers, and programs for seniors and people with disabilities.

URL: montana.my-adrc.org and dphhs.mt.gov/respice

Hashtags: #respiceitsok

Tags: @MontanaRespiteCoalition and @Montana Department of Public Health and Human Services

Have questions? Please email montanarespite@gmail.com.

Thank you for your help raising awareness and increasing support.