

2 Social media

What does it do?



Social media are websites and computer programmes that allow people to create online communities and share information, ideas, personal messages, and other content (like videos or photos).

What can it be used for?

#Psychoeducation #SelfCare #AccessingInformation Social media can be used by carers to connect to other people in similar situations. Dedicated channels can provide curated content and discussion groups where carers can exchange advice, information, and emotional support with their peers. Some of these groups are public on the internet while others are closed and require an invitation of the group administrator.

#CareNetworkCoordination Carers can set up closed groups on social media for themselves and their care network. They can use these groups to communicate and share care-related information such as updates, videos, photos, and other content.

Comment	Rating	Author	Date
Friends and family use a WhatsApp group to share information about my friend with dementia and this is invaluable. My friend is also part of a WhatsApp group but sometimes finds it difficult to take in all the content or make appropriate contributions	3	Violet Tiger	Aug 31, 2020, 01:47 PM
I already follow a dementia group on Facebook mainly focussed on carers but people living with dementia contribute also. I would say it is mostly emotional support provided but some practical advice is given although members are worldwide so advice varies.	4	Green Dog 2	Aug 31, 2020, 11:32 AM
This is a good idea, but there are many platforms already out there that people use to connect. I know of carers who use Face Book and What's App to connect in with each other and they find this useful. There is certainly a place for social media for those in a caring role.	3	Red Dog 2	Aug 27, 2020, 11:12 AM
This will become increasingly useful as time goes on.	3	Green Cat 1	Aug 12, 2020, 11:49 AM
Being a carer can feel very lonely as so much of your role is invisible to the outside world, yet it's 24/7 with no off button. There is often a huge amount of admin and fighting for your rights and for funding, with no one to tell you how to cope. You may be too busy and exhausted for a social life and many people just don't understand what it's like. So online chat and advice can be a lifesaver. I have made some great real life friends through talking on carer forums and Twitter, who could understand what it's like, give support or advice, bring a bit of humour and perspective into the situation and helped me feel less alone - and as a result, a better carer.	5	Lavender Loris	Jul 18, 2020, 05:28 PM
I think the social media side is more of benefit to the carer, organising personal care, social activities etc and keeping other family members abreast of the situation. If someone has grown up with this technology they may continue to use it post dementia diagnosis but it was not something on mums radar. Personally I connected with the Alzheimer's Society 'Talking Point' online forum for support and information and used Whatsapp as a quick and easy way to connect with paid carers and family alike.	3	Purple Cat	Jun 30, 2020, 03:56 PM
Social media (WhatsApp) enabled my family to stay constantly up to date on who was providing the meals, who was staying over, doctor/ nurses visits/ updates, we could check in on the camera (Foscam) in the house to reassure ourselves all was well, amongst several other benefits. I can't rate it highly enough.	5	Blue Dog 1	Jun 22, 2020, 01:39 PM
This is useful but is not something I use as at the moment I do not really want to talk to other people who may be further on in the journey	3	Green Dog 1	Jun 22, 2020, 11:50 AM