



VeteranCaregiver.com Video Resource

Recommended Resources: Joys & Perils of Social Media

Definition	Social media is here to stay, but being aware of limits on both content posted, and the time you spend on social media can help your perspective. Information gained is invaluable, and so is understanding the caregivers are tired and responses may be misinterpreted. Balance screen time with people time or phone calls for healthy outcomes.
Medical Information	http://articles.latimes.com/2012/apr/17/business/la-fi-mo-social-health-20120417 http://www.informationweek.com/healthcare/patient-tools/healthcare-social-networks-new-choices-for-doctors-patients/d/d-id/1234884
How does Social Media Affect Wellbeing?	http://www.medicalnewstoday.com/articles/275361.php
HIPAA & Social Media	If you are the patient or healthcare POV, and voluntarily publish health information, it is no longer confidential. http://www.forbes.com/sites/joannabelbey/2015/04/29/social-media-healthcare-and-hipaa-lessons-from-caron-treatment-centers/
CG Support	http://www.huffingtonpost.com/2012/01/10/social-media-to-help-caregivers_n_1197826.html http://www.tena.us/caregiver-burnout/socialmedia-and-caregivers,en_US,pg.html
Videos	https://www.youtube.com/watch?v=oSaXxxY-MnQ https://www.youtube.com/watch?v=xhW17rHPr9A



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