



Using social media is an effective way to raise resident voices and make sure they're heard!



Use videos to share your story.

POST



Post on Facebook, Twitter or other social media.



Tag [@consumervoices](#) on Twitter and [@theconsumervoice](#) on Facebook.



Amplify other voices by retweeting and reposting other posts with those hashtags.

How to participate on Twitter:



The louder our voices, the stronger our advocacy!

1. Log onto Twitter and post a video raising the voice of a nursing home resident or use one of our sample tweets below.
2. Include relevant hashtags like **#UnderstaffingisNeglect** or **#NursingHomeQuality**
3. Tag us! [@ConsumerVoices](#)
 - You can also tag the Centers for Medicare & Medicaid Services [@CMSgov](#), [your Governor](#), or [your members of Congress](#).
4. Search our hashtags on Twitter and retweet others to amplify their voices!

Don't have a Twitter account?

1. Sign up for Twitter – it's easy, here are [instructions](#); or
2. On Facebook, tag us [@theconsumervoice](#) and use the same hashtags!

Share this message with your friends and family!

Sample Tweets:



Copy and paste these tweets:

A minimum nursing home staffing standard will ensure that nursing home residents get the care they deserve. Nursing home residents deserve good care and good quality of life! #UnderstaffingisNeglect @ConsumerVoices

"Staffing is worse than the pandemic itself." Nursing home residents know how essential adequate staffing is to their daily lives. <https://youtu.be/O1T2sLLG1sY> #UnderstaffingisNeglect @ConsumerVoices

Inadequate staffing has plagued nursing homes for decades. New reforms from @POTUS will increase positive health outcomes for current and future nursing home residents. But most importantly, they will save lives. #UnderstaffingisNeglect @ConsumerVoices

What's happening in nursing homes is awful. Nursing home residents pay the true price of inadequate staffing. Check out this @ConsumerVoices report: <https://bit.ly/37DCmpF> #UnderstaffingisNeglect

Or personalize your tweet like the examples below:

This is my mother, Jane. She was born in 1928 and raised four children. She's suffered from pressure ulcers because there aren't enough staff to reposition her. She deserves better! #UnderstaffingisNeglect @ConsumerVoices

(Include family member's image)

My uncle always tells it like it is. Listen to his description of what it's like in his nursing home without enough staff. #UnderstaffingisNeglect @ConsumerVoices

(Include family member's video talking about staffing)

We need more, better trained staff in nursing homes. I support the Biden Administration's reforms because I want to make sure I get good care if I end up in a nursing home. #UnderstaffingisNeglect @ConsumerVoices

(Include video of yourself talking about staffing)