



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



Use videos to share your story.



Post on Facebook, X 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 X:

### The louder our voices, the stronger our advocacy!

1. Log onto X 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!

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## Sample Posts on X:



### 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

"Wait, wait, wait, and wait some more." Nursing home residents know how essential adequate staffing is to their daily lives – changing clothes, eating, showering, going to the bathroom. Nursing home residents are entitled to good quality of life! @ConsumerVoices

Nursing home residents have the right to quality, person-centered care. Nursing homes are required by federal law to provide the care residents need to reach their highest level of well-being. Read advocacy strategies to get better care in nursing homes: <https://bit.ly/4hEhAFA>

What's happening in nursing homes is awful. Nursing home residents pay the true price of inadequate staffing. Listen to residents talk about how they're affected: <https://theconsumervoice.org/stories/>

### 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 a minimum staffing standard in nursing homes because I want to make sure I get could care if I end up in a nursing home. #UnderstaffingisNeglect @ConsumerVoices

*(Include video of yourself talking about staffing)*