

**Blogging and Social media as  
a platform for evidence based  
research.**

**Caron Sprake – P/T Blogger**

# Caron Cares

- Advice and information for anyone caring for someone elderly or someone with dementia.



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# Caron Cares

Advice and information for anyone caring for someone elderly, or someone with dementia

Search for:

DAC

**Free to make at home, cards, labels & iron on transfers.**

## Social Care Alliance

By CAROLIN WILKINSON 11, 2017



EMAIL

**I would love to stay in touch.**

Email Address

Type here to search  
 17:31 12/06/2017  
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# Why Blog? Why not? Sharing is caring!

- I blog because I care about elderly people and those who care for them.
- Unpaid care-givers save the Government £132bn a year, the cost of a second NHS.
- Blogging is one of the fastest growing forms of new media.

# When and how did I start



Most bloggers give up after a year.

# Blogging and other social media platforms



# Safe and Sound



With a blog it is easy to find your research articles again

## Advantages of a Blog

- Lots of free, easy to use platforms
- Google friendly
- Control – don't need a programmer
- Your very own space





# Disadvantages of Blogging

- There is only one, it is addictive !



Don't wait until your blog is  
perfect to start



# Awareness not awards

**WINNER**  
**INDIVIDUAL**  
**HEALTH & SOCIAL CARE**  
**UK BLOG AWARDS**



# Online leads to off line



Agnes, Rachel and Sarah "Wheelchairs by Wings"

# More projects



Designed and produced by [www.caroncares.co.uk](http://www.caroncares.co.uk)  
 Advice and information for anyone caring for the elderly or someone with dementia.



# Media



# Blog Awards

