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

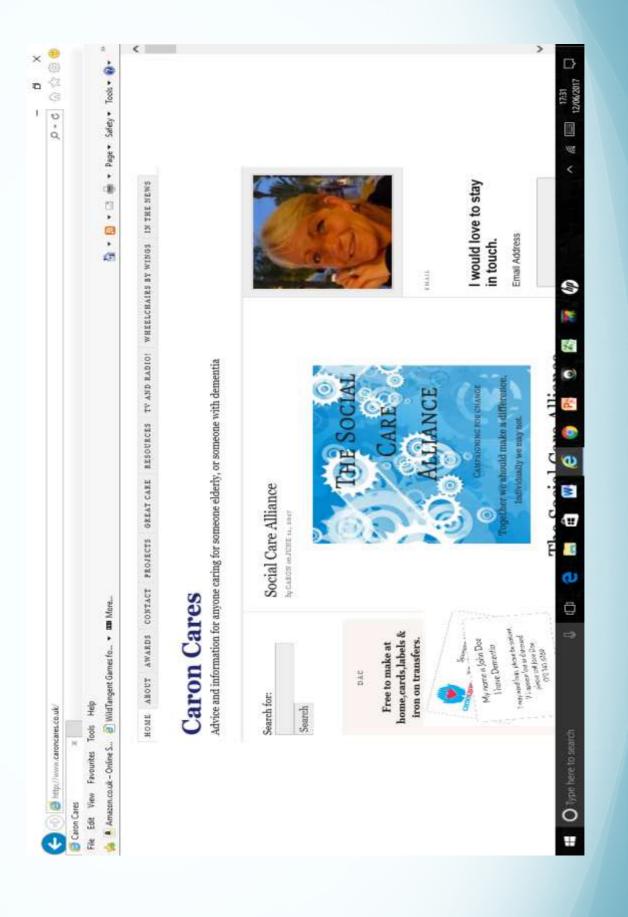
Caron Sprake – P/T Blogger

Caron Cares

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



www.caroncares.co.uk



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

















Online leads to off line







Agnes, Rachel and Sarah "Wheelchairs by Wings"



More projects









Media







Blog Awards

