

How to use the iCareFamily Message Board:

iCareFamily Index Page

The first screen you will see is the Message Board Index for the iCareFamily forums. If this is not the screen you are seeing right now, click here: www.icarefamily.com/forum

From here you can choose from any of the available forums on different chapters and topics.

Click on the name of any of these iCare Chapters to go to the forum for that chapter

The screenshot shows the iCareFamily.com Message Boards interface. At the top, there is a search bar and navigation links. Below that, there is a section for 'START HERE FIRST' with a table of topics. A red box highlights the 'ICARE TRAINING MODULES: JOIN THE DISCUSSION!' section, which contains a table of topics. A red arrow points from the text on the left to the first topic in this section.

START HERE FIRST	TOPICS	POSTS	LAST POST
 Using The Message Board How to use the iCareFamily message board	3	5	by john_hotmail2 Tue Aug 10, 2010 9:42 pm
ICARE TRAINING MODULES: JOIN THE DISCUSSION!			
 1 Introduction to iCare General Information on iCARE Project and our Training Program	1	1	by forum_admin Mon Aug 16, 2010 7:00 pm
 2 About Dementia Overview of Alzheimer's Disease, Dementia, and Memory Loss	3	3	by forum_admin Mon Aug 16, 2010 7:06 pm
 3 Dealing with Stress Techniques on managing and minimizing stress related to dementia caregiving	0	0	No posts
 4 How to Relax Reducing your physical and emotional tension, and why this is so important!	0	0	No posts
 5 Managing Difficult Behaviors Understanding the behaviors behind the dementia	0	0	No posts

Forum Page

From here you can choose to view Topics (questions/comments) that other caregivers have posted, or post your own Topic.

To Return to the Main iCare Forum Index, click **Board index**

To Post your own Question or Topic, click the **NewTopic*** button

The screenshot shows the iCareFamily.com forum interface. At the top, there is a blue header with the logo and a search bar. Below the header, a navigation bar contains the breadcrumb: [Board index](#) < [iCARE Training Modules: Join the Discussion!](#) < [1 Introduction to iCare](#). A user control panel shows the user is logged in as 'forum_admin'. The main content area is titled '1 Introduction to iCare' and features a 'NEWTOPIC*' button and a search box. A table of topics is displayed, with the first row highlighted. Below the table are sorting options and another 'NEWTOPIC*' button. At the bottom, there is a 'Return to Board index' link and a 'Jump to:' dropdown menu.

TOPICS	REPLIES	VIEWS	LAST POST
Welcome -- Instructions for using the forum by forum_admin » Mon Aug 16, 2010 7:00 pm	0	22	by forum_admin Mon Aug 16, 2010 7:00 pm
Fifth Question by forum_admin » Tue Aug 17, 2010 5:53 pm	0	1	by forum_admin Tue Aug 17, 2010 5:53 pm
Fourth Message by forum_admin » Tue Aug 17, 2010 5:53 pm	0	0	by forum_admin Tue Aug 17, 2010 5:53 pm
Third Message and a Question by forum_admin » Tue Aug 17, 2010 5:52 pm	0	0	by forum_admin Tue Aug 17, 2010 5:52 pm
Second Message by forum_admin » Tue Aug 17, 2010 5:52 pm	0	0	by forum_admin Tue Aug 17, 2010 5:52 pm

To view a specific topic, click on the topic title

Viewing & Replying to Topics by Other Caregivers

Here you can view the subject and message of the Topic, other caregiver's responses, and post your own reply.

To Return to the Main iCare Forum Index, click **Board index**

The screenshot shows the iCareFamily.com forum interface. At the top is a blue header with the logo and a search bar. Below the header is a navigation bar with links: [Board index](#), [iCARE Training Modules: Join the Discussion!](#), and [1 Introduction to iCare](#). There are also links for [User Control Panel](#), [FAQ](#), [Members](#), and [Logout](#). A red arrow points from the text 'To Return to the Main iCare Forum Index, click Board index' to the 'Board index' link. Another red arrow points from the text 'To return back to the Forum Page to see topics/messages that other caregivers have written, please click on the Forum Name' to the '1 Introduction to iCare' link. Below the navigation bar is a post by 'forum_admin' with the subject 'Hello! My Subject ...'. The post content is 'My Message ...'. There are buttons for 'EDIT', 'QUOTE', and 'PM'. A red arrow points from the text 'If you'd like to reply to this topic, click on PostReply' to the 'POSTREPLY' button at the bottom of the post. At the bottom of the page, there is a 'Jump to:' dropdown menu with '1 Introduction to iCare' selected and a 'Go' button.

To return back to the Forum Page to see topics/messages that other caregivers have written, please click on the Forum Name

If you'd like to reply to this topic, click on **PostReply**