

## 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](http://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

**iCareFamily.com**  
iCare Family Message Boards

Search... Search  
Advanced search


**Board index**

User Control Panel (0 new messages) • View your posts • FAQ • Members • Logout [ forum\_admin ]






It is currently Tue Aug 17, 2010 2:25 am  
[ Moderator Control Panel ]

Last visit was: Mon Aug 16, 2010 11:53 pm

View unanswered posts • View unread posts • View new posts • View active topics • Mark forums read

START HERE FIRST	TOPICS	POSTS	LAST POST
 <b>Using The Message Board</b> 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!	TOPICS	POSTS	LAST POST
 <b>1 Introduction to iCare</b> General Information on iCARE Project and our Training Program	1	1	by forum_admin Mon Aug 16, 2010 7:00 pm
 <b>2 About Dementia</b> Overview of Alzheimer's Disease, Dementia, and Memory Loss	3	3	by forum_admin Mon Aug 16, 2010 7:06 pm
 <b>3 Dealing with Stress</b> Techniques on managing and minimizing stress related to dementia caregiving	0	0	No posts
 <b>4 How to Relax</b> Reducing your physical and emotional tension, and why this is so important!	0	0	No posts
 <b>5 Managing Difficult Behaviors</b> 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's a blue header with the iCareFamily logo and a search bar. Below the header, a navigation bar includes links like 'Board index', 'iCARE Training Modules: Join the Discussion!', and '1 Introduction to iCare'. A user control panel shows 'User Control Panel (0 new messages)', 'View your posts', 'FAQ', 'Members', and 'Logout [ forum\_admin ]'. The main content area is titled '1 Introduction to iCare' and features a 'NEWTOPIC\*' button and a search bar. A table of topics is displayed, with columns for 'TOPICS', 'REPLIES', 'VIEWS', and 'LAST POST'. The first topic is 'Welcome -- Instructions for using the forum' by forum\_admin, dated Mon Aug 16, 2010 7:00 pm. Below the table are filters for 'Display topics from previous:' (All Topics), 'Sort by:' (Post time), and 'Descending'. At the bottom, there's a 'Return to Board index' link and a 'Jump to:' dropdown menu showing '1 Introduction to iCare'.

TOPICS	REPLIES	VIEWS	LAST POST
<b>Welcome -- Instructions for using the forum</b> by forum_admin » Mon Aug 16, 2010 7:00 pm	0	22	by forum_admin Mon Aug 16, 2010 7:00 pm
<b>Fifth Question</b> by forum_admin » Tue Aug 17, 2010 5:53 pm	0	1	by forum_admin Tue Aug 17, 2010 5:53 pm
<b>Fourth Message</b> by forum_admin » Tue Aug 17, 2010 5:53 pm	0	0	by forum_admin Tue Aug 17, 2010 5:53 pm
<b>Third Message and a Question</b> by forum_admin » Tue Aug 17, 2010 5:52 pm	0	0	by forum_admin Tue Aug 17, 2010 5:52 pm
<b>Second Message</b> 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 iCareFamily 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](#). The main content area displays a topic titled "Hello! My Subject ..." by forum\_admin, dated Tue Aug 17, 2010 7:03 pm. The topic content is "My Message ...". To the right of the topic is a user profile for forum\_admin, Site Admin, with 12 posts and a join date of Thu Jun 24, 2010 10:41 pm. Below the topic is a "POSTREPLY" button. At the bottom, there is a "Return to 1 Introduction to iCare" link and a "Jump to:" dropdown menu with "1 Introduction to iCare" selected.

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**