

HelpingYouCare.com™ and CaregiversLikeUs.com™ – Code of Conduct (Supplements Terms of Use)

Last Updated December 10, 2010

The following rules (the “**Code of Conduct**”) govern your conduct when using the HelpingYouCare.com™ website or services and the CaregiversLikeUs.com™ website or services (collectively and individually, the “**Websites**”), operated by Care-Help LLC, a Florida limited liability company (“**Care-Help LLC**” or “**we**”). This Code of Conduct is incorporated in, and supplements the [Terms of Use](#) of the Websites, and any violation of these rules constitutes a breach of the [Terms of Use](#). This Code of Conduct applies in addition to the [Terms of Use](#), [Editorial Policy](#), [Privacy Policy](#) and [Advertising Service Agreement](#) of the Websites. **By using the Websites, you agree to and are legally bound by this Code of Conduct.** *If you do not agree to follow this Code of Conduct, do not enter or use the Websites.*

Care-Help LLC may from time-to-time revise this Code of Conduct, and the revised version will become effective and binding upon you upon its posting on the Websites. You are responsible for regularly reviewing and complying with the latest version of the Code of Conduct. The date of last revision will be available at the top of this page, so please be sure to check back periodically.

1. IMPROPER & UNACCEPTABLE CONTENT: You agree that you will not post, publish, upload, email, transmit, send or otherwise contribute to or make available on the Websites any content that:

- Is itself, or promotes, discusses, aides, or refers to any activity or content that is, unlawful, harmful, threatening, harassing, tortious, defamatory, libelous, abusive, disparaging, pedophilic, pornographic, sexually explicit, obscene, vulgar, invasive of another's privacy, hateful, malicious, or racially, ethnically, or otherwise objectionable;
- Contains hate propaganda or promotes discrimination or violence against any person or people on account of their race, national origin, religion, age, gender, disability, or sexual orientation;
- Involves the transmission of "junk mail," "chain letters," any unsolicited mass mailing ("spam"), "pyramid schemes" or any other form of unauthorized solicitation or advertising;
- Promotes or contains information or content that you know, or by reasonable investigation should know, is false, misleading, or promotes illegal conduct;
- Is an illegal or unauthorized copy, or promotes illegal or unauthorized copying, of another person's copyrighted work, or provides information to circumvent access control technologies;
- Infringes any patent, copyright, trademark, service mark, trade secret, or other intellectual property or proprietary right of any other person or entity, plagiarizes or copies text that you have not written, or contains any content that you do not have a right to make available, post or disseminate under any law or under any contractual or fiduciary relationship (such as inside information, or proprietary and confidential information learned or disclosed as part of your employment, pursuant to contractual, business, or fiduciary relationships or under nondisclosure or confidentiality agreements or obligations);
- Provides material that exploits any person, including without limitation any person under the age of 18, in a sexual or violent manner, or solicits personal information from anyone under 18;
- May be harmful to minors in any way;
- Provides instructional information about illegal activities such as, without limitation, making or buying illegal weapons, or providing or creating computer viruses;
- Contains or links to a site that contains a software virus, malicious program, or any other computer code, files, or programs that are designed to or have the ability to interrupt, destroy, compromise, or otherwise limit the functionality of any computer software or hardware or telecommunications equipment whether owned by the Websites or any other party;
- Solicits or collects passwords or personal identifying information from other users for unauthorized or unlawful purposes; or

- Does not comply with our [Terms of Use](#), [Privacy Policy](#), [Editorial Policy](#), and/or [Advertising Service Agreement](#);
- Has previously been deleted or disapproved in whole or in part for inclusion on the Websites by Care-Help LLC, in its discretion;
- Lists, advertises, promotes, describes or relates to any business, organization, activity or subject matter or content that is prohibited under this Code of Conduct or under the [Terms of Use](#), [Editorial Policy](#), [Privacy Policy](#), and/or [Advertising Service Agreement](#) of the Websites;
- Violates any local, state, national, foreign, international or other applicable law, rule, regulation, order, court order, injunction, guideline, ruling, judgment, proceeding, treaty, or other authority in any jurisdiction, including without limitation any of the foregoing issued or promulgated by the U.S. Federal Trade Commission, the U.S. Internal Revenue Service, U.S. Securities and Exchange Commission, or any other governmental or regulatory body of any locality, state, country, or other jurisdiction;
- Violates any rules, regulations or license or permit restrictions applicable to any professional firm, person, or entity, or any other business, referenced in or providing such content, pursuant to any applicable state, local, national, professional, or industry regulatory or licensing authority, association, or body.
- Promotes, advocates, or discusses any herbal supplement or remedy, medication, hormone, medication-substitute, or medical device that has not been approved by the U.S. Food and Drug Administration (FDA), or promotes or advocates acupuncture or other alternative treatments, rituals, or medications not accepted in the practice of medicine as recognized by the American Medical Association or pursuant to professional best practices among American medical doctors.
- Promotes, advocates, or discusses narcotic drugs, gambling, horoscopes or horoscope-reading, palm reading, or similar practices.
- Promotes, advocates or discusses sexual impotence drugs, medications, or sexual paraphernalia
- Promotes, advertises, or advocates tobacco, smoking or smoking products, alcoholic beverages, fire arms, or any of a more extensive list of products or services for or about which content or advertisements are not accepted, which Care-Help LLC may, in its discretion, create and provide to potential advertisers and/or content providers.
- Includes language, description, arguments or appeals using overly emotional or graphic visual depictions.
- Includes ad hominem arguments (accusative attacks on individuals or groups)

2. IMPROPER & UNACCEPTABLE CONDUCT: In addition, you agree that you will not, in connection with your use of the Websites, engage in any of the following conduct:

- Impersonate any person or entity, including without limitation a Care-Help LLC member, manager, officer, employee, or other affiliated person, or an editor, moderator, forum leader, guide or host of the Websites, or falsely state or otherwise misrepresent or mislead as to your affiliation with any other person or entity;
- Forge headers or otherwise manipulate identifiers for the purpose of disguising the origin of any content posted or transmitted through or on the Websites;
- Disrupt the normal flow of dialogue, cause a screen to “scroll” faster than other users of the Websites are able to type, or otherwise act in a manner that negatively affects other users’ ability to engage in real time exchanges, if applicable;
- Interfere with or disrupt any the Websites’ server or network resource, or other server on which the Websites are hosted or reside, or disobey any requirements, procedures, policies or regulations of networks connected to the Websites;

- Stalk, repeatedly contact, or harass any person or entity, including without limitation any other user of the Websites;
- Collect or "harvest" from the Websites the names of or information associated with other users, including without limitation screen names, e-mail addresses, IP addresses, or other user information, whether for commercial use or other uses or purposes;
- Post, link to, or distribute any content, viruses, or technologies that may harm the interest or property of Care-Help LLC, the Websites, or any the Websites' users or visitors;
- Violate the Websites' Terms of Use, Privacy Policy, Advertising Service Agreement, Editorial Policy or this Code of Conduct;
- Violate, or promote, advertise, or aid on or through the Websites any person, entity, or activity that violates or with passage of time would violate, any local, state, national, foreign, or international law, rule, or regulation, or any subpoena, order, injunction, judgment, ruling, proceeding, or finding of any court of law or any governmental, legislative, administrative, or regulatory body in any jurisdiction, including but not limited to, any laws, rules, regulations, orders, subpoenas, injunctions, rulings or proceedings issued or promulgated by the U.S. Securities and Exchange Commission, any national or other securities exchange, the U.S. Federal Trade Commission, the U.S. Internal Revenue Service, or any other governmental, administrative, or regulatory body in any locality, state, country, or other jurisdiction.
- Behave in a manner, or post content that is, discourteous to other users; post content that includes hate speech, venting, hateful or incendiary comments, vulgar language or images, or defamatory, insulting, or generally objectionable speech.
- Threaten, harass, impersonate, or hurt others, or invade others' privacy.
- Post comments, forum posts or new topics aimed merely at spamming or driving traffic to another website, or otherwise violating this Code of Conduct or the Websites' Terms of Use, Editorial Policy, Privacy Policy, or Advertising Service Agreement.

3. GUIDELINES FOR POSTING OF COMMENTS OR USE OF FORUMS: In posting comments on the Websites or posting replies, comments, or new topics in the Forums on CaregiversLikeUs™, you agree that you will observe and comply with the following rules, expressed as "Do's and Don'ts":

Do:

- **Share what you know:**
Someone may benefit from your knowledge, opinions, or personal experiences. Sharing what you know is a way you can make a positive contribution to the HelpingYouCare™ community. If you have specialized interests, experience, or training, sharing your knowledge may benefit others in our community. While sharing what you know is a "DO," it is also important to make sure you don't share anything that puts your comment, reply, post or new topic in violation of this Code of Conduct, our [Terms of Use](#), [Editorial Policy](#) or any instructions on the Websites. Please read them carefully.
- **Be accurate; Cite your sources:**
Make your answers, comments, and posts truthful, accurate, correct, and helpful to others. We encourage members to use online resources in answering questions. Just be sure to cite your sources and give credit where it is due. You may include a reference to your best source, but only if it is truly helpful in answering the question, directly related to the topic of discussion, is not posted for advertising or promotional purposes, and does not lead to content that is inappropriate or in violation of this [Code of Conduct](#), or our [Terms of Use](#), [Editorial Policy](#) or our other Legal Terms & Conditions or instructions on the Websites
- **Be courteous:**
We are a diverse community of people with diverse opinions. Everyone wants to be treated with respect, and showing respect to others makes the community better for all members.

- **Keep personal information private:**
Do not post personal, real-life information such as home addresses and home phone numbers.
- **Please Post in the English Language:**
At this time, the Websites are published only in the English language, and we require that you post all content in the English language, so that it can be understood by our community, and properly monitored. We do, however, provide a Google Translator tool, by which you can create a very rough (and not to be relied upon) machine-generated translation of any page of the HelpingYouCare™ Website into virtually any foreign language. At some future point, we may consider creating versions of the Websites in other languages, depending upon the needs and wishes of our Community. But, for now, we appreciate your understanding in using the Google Translator to gain a very general and imperfect understanding of content on the Websites if English is not your first language, and we appreciate your cooperation in complying with our request that all posts be made in the English language.
- **Use full sentences and normal capitalization:**
In an effort to keep the Websites, and our forums, operating professionally, and for ease of reading, please do not type in CAPS, and always use full sentences. Shorthand might be great for texting but it is not appropriate on the Websites.
- **Use proper grammar:**
Please use proper grammar, spelling and punctuation only. No excessive or repeated punctuation or slang. Correct spelling and grammar help people find your questions, comments, and posts, and you'll get better answers to your questions in the forum, and better ratings for your posts when others can clearly understand what you're saying.
- **Comment clearly and keep to the subject of the Websites:**
Keep your comments and forum posts short and succinct, but be descriptive enough to help people understand what you're asking or saying. These Websites are about helping caregivers care for aging parents and elderly loved ones. Make comments, ask questions, and post forum topics and replies that relate only to this subject matter.
- **Make sure your Comments relate to the article, post, or page on which you are commenting:**
Comments are invited following certain articles, posts, and pages on the HelpingYouCare™ Website. Please do participate in the discussion, but be sure your comments relate to the subject matter of the article, comment, or page on which you are commenting.
- **When you add a post under a topic of discussion in our forums, place it under the correct topic:**
All discussion in our forums on CaregiversLikeUs™ occurs within Support Groups focused on various subject areas of interest to caregivers. You are encouraged to join as many Support Groups as you like, depending on your interests and concerns. Within each Support Group, various topics are discussed, and you are invited to participate in the Group's forum discussion on these topics. When you post in the forums of your Support Group(s), please be sure your posts are placed under the correct topics of discussion to which they relate. Doing so will help ensure that your post will be seen by people who can give you better information and more accurate answers or feedback to your concerns.
- **When you add a new topic of discussion in our forums, place it within the correct Support Group:**
You are also permitted to add new topics of discussion in the forums within your Support Groups. When you add a new topic, please be sure to place it within the correct Support Group – the one to which your topic relates. Correctly placing your new topic within the Support Group to which it relates will help ensure that it will be seen by people who can give you better information and more accurate answers or feedback to your concerns.
- **Keep forum topic title short but descriptive:**
If you post new topics in the forums, to help people find your topics, please be as descriptive as possible in the title but keep it short. You will have plenty of space to explain your topic in the "description" area of your first post under that topic. Your topic title and all posts in the forums must not contain spam, links to other websites, keyword stuffing, malicious code, or other content in violation of this Code of Conduct, our Terms of Use, Editorial Policy, or any of our other Legal Terms & Conditions.

- **Answer the question to which you are responding and only that question:**
If you reply to questions of other members in the forums, be sure that you correctly post your reply only under the question or comment to which you are replying, and reply only to that question or comment. Do not include extraneous material or information unrelated to the question in your answers. Improper answers or replies will be disallowed or removed.
- **Give credit to good answers, but no self-promotion:**
When you see a great question or answer, give it a thumbs-up. Express your appreciation for the contributions of others in our forum discussions. But, be honest. No canned or pre-arranged fan mail for your or anyone else's posts or comments.
- **Report abuse and possible violations to us; Not on the Websites:**
If you see an abuse or possible violation of this Code of Conduct or any of our Legal Terms & Conditions in a comment or forum post on the Websites, please report it to us by e-mailing us at: Admin@HelpingYouCare.com. (Place the words "Report of Violation or Abuse" in the subject line of your e-mail, and please include a link to the content and a brief description of what you believe is wrong.) We're committed to doing our best to stop abuse on the Websites, and, with your help, we can make a difference. We cannot, however, review and/or confirm the true source, accuracy or validity of each and every post or comment before it is posted. So your reporting of any abuse to us very important and appreciated, in order to help maintain the high quality of our community. Notification is voluntary and anonymous.

However, Do Not respond to the violation on the Websites through the posting of a reply or comment. Responding to a violation or abuse on the Websites is a violation in itself and will result in appropriate action.

- **Be polite, civil and respectful:**
Be respectful your fellow community members. Please refrain from inflammatory and defamatory comments as well as flaming, taunting, and general disrespect. Do not simply disparage the opinion or advice given by others. If you don't agree with it, say why - respectfully. Don't just tell them they're wrong. Do not make uninvited remarks about typos, duplicate posts, posting styles, etc.

When an opinion-based question or comment is stated, do not make inflammatory statements, or state things in a condescending or inflammatory manner. When someone has clearly stated their opinion, do not post replies such as, "Are you serious?" or "Are you kidding me?" or make derogatory comments about the person posting. These are not helpful. Allow people to have their opinion. Be respectful, courteous and civil in all your questions and answers. Our comment discussions, and our CaregiversLikeUs™ Support Groups and forums are a friendly question & answer and support community – with an emphasis on support, especially in CaregiversLikeUs™.

- **Keep it positive:**
We do not allow discussion topics to be started to discuss "worst persons in the world" type topics – such as e.g. What was the worst medical treatment you have ever had? or What was the worst experience you ever had with a home health assistant? Let's keep our discussions constructive, and helpful to the members of our community.
- **Make Friends and Share Your Support and Tips to Help Other Caregivers:**
Whenever you are participating in the Websites, please keep in mind that we strive to create a friendly, supportive and informative atmosphere. So, please be a friend and support to other caregivers. "Give back" to our community and help other caregivers by sharing your good tips and information on helpful resources you have found. A good place to do this is by posting in our CareWiki™ (under CaregiversLikeUs™), as well as in our Support Group forums.

Don't Do:

- **No comments or posts for advertising or promotional purposes.**
It is prohibited to post comments on the Websites or to post replies or new topics in our forums merely to promote a person, place or business for commercial gain.

- **Don't post your comment or forum post multiple times or in multiple places:**
Do not post the same comment, question, reply or forum topic multiple times. Posting comments under multiple articles or posts, posting forum posts under multiple topics, or posting forum topics under multiple Support Groups just for exposure is not allowed and will result in the removal of one or more of your comments, posts or topics, and possible disallowance of your ability to post.
- **Don't post the same comment or post more than once:**
Don't post duplicate or canned comments or forum posts in multiple places or under multiple topics. Improper and duplicative posts will be disallowed or removed. If we find this type of violation, one or all of the comments or posts may be removed from the Websites and may result in termination of your user account.
- **Don't post the same forum topic more than once:**
Do not post duplicate forum topics. Don't post the same forum topic in different Support Groups, or more than once.
- **Don't post your comment or reply in the wrong place:**
When posting a comment, forum post or new topic, please try to post it in the most appropriate place. Do not post comments under articles, posts or pages to which such comments do not relate. Do not post forum posts, or replies under the wrong topic to which your posts do not relate. Do not post new forum topics in the wrong Support Group, to which your topic does not relate.
- **Don't Re-post content that has been deleted by Care-Help LLC or our Editors.**
Do not re-post, in whole or in part, content that has previously been deleted or disapproved by Care-Help LLC, or our editors, in our discretion.
- **Don't post comments, questions, replies or topics without meaning or content:**
Posting comments, questions, replies, or topics that have no meaning, or including content in your comments or replies that is not relevant to the topic being discussed is prohibited. Such comments or posts will be disallowed or deleted. The comment, post and user are subject to removal from the Websites.
- **Don't use comments or forum posts to post advertisements; advertisements are not allowed in Comments or Forum posts:**
Comments or forum posts specifically for the promotion of a website, business, product or service, or comments or posts that unnecessarily send people to a website that you are in some way affiliated with, are considered advertising, and are not allowed. It does not matter if it is a commercial website, a personal website, a non profit website, etc. We do authorize and/or sell advertisements on a case-by-case basis. If you are interested in utilizing this option to advertise with us, please contact us per the information provided on the [Advertise With Us](#) page of HelpingYouCare™.
- **If ratings or "best answer" features are added to the Websites, Don't artificially increase or decrease a rating or vote count for "best answer:"**
If such features are added to the Websites, do not attempt in any way to cast more than one vote for any particular comment, forum answer, or other content made subject to such ratings, or otherwise attempt artificially to increase or decrease the vote count, or abuse the voting or rating function in any way. Attempts to artificially increase or decrease a vote count or rating are prohibited. While member vote count or may have some meaning and value, it should not be taken too seriously.
- **Don't attempt to include live links in any forum posts:**
Live links are not allowed in forum posts. Forum posts do not support or allow the use of HTML code or links. This is necessary in order to protect our Support Groups and forums from spam posts, and preserve the quality of our Support Community.
- **Don't include links or references to other websites or web pages in any comment or post unless they are truly the best way to explain/ answer the question or topic under discussion;**
No advertising or spamming:
Subject to the limitations below, you may include a reference to website address or page on a website in your forum post (but it will not produce a live link; users would have to copy the web address you post into their browser to reach the website you reference). Such a reference to another website or website page may be included in your comment or forum post only if it directly and truly answers the question or topic being discussed, adds substantive value to the discussion, and provides genuinely relevant and helpful information

relevant to the questions or concerns of the author or previous users posting in that discussion. You may not include links or references to other websites or web pages in your comments or posts for the purpose of advertising or promoting your own or another website, product, or service.

Any links or references to other websites or web pages which serve your own self-interest or the self-interest of your affiliates are suspect, and may be subject to being disallowed or removed. Anyone found to be posting excessive links or referrals to their own or affiliated websites or suspected of using links or references for advertising or revenue-generating purposes is considered a spammer, and is in violation of this guideline. General and unnecessary links or referrals to other websites or web pages will be tagged as advertising. If you are found to be excessively or inappropriately posting links or references to other websites, you may lose the ability to post content on these Websites.

- **Don't discuss illegal behavior or post content you have obtained illegally; it will be removed:**
Comments or posts that discuss illegal activities, transactions, or websites will be removed. This prohibition includes the posting of information that you have obtained illegally. If you spot any such content posted by others, notify Care-Help LLC immediately by e-mail to Admin@HelpingYouCare.com. Please include the words "Report of Illegality" in the subject line of your e-mail.
- **Don't post obscenity, pornography, sexually explicit content, hate propaganda, incitement of violence or illegal conduct, malicious code, or other content that violates of our Code of Conduct or Other Legal Terms & Conditions:**
Read our [Terms of Use](#), [Code of Conduct](#), [Editorial Policy](#) and [Privacy Policy](#), carefully, and be sure that your conduct and all content you post strictly complies with all of their requirements and does not violate any of their terms. Violations will not be tolerated, and will result in the termination of your account. Please report any abuses you observe on the Websites to us by e-mail to: Admin@HelpingYouCare.com (Please place the words "Report of Violation or Abuse" in the subject line of your e-mail, and please include a link to the content and a brief description of what you believe is wrong.)
- **Don't use obscene or mean language:**
Sexually explicit and vulgar language and images are not permitted on the Websites. Also not permitted are belligerence, insults, slurs and generally objectionable speech. If you wouldn't say it in public, don't post it on the Websites.
- **Don't rant, vent, or use hate speech:**
The Websites are not a soapbox to vent personal frustrations or rant about issues. We are a community of people with diverse beliefs, opinions, and backgrounds, so please be respectful and keep hateful and incendiary comments off the Websites.
- **Don't use vulgar language and inappropriate material; it will not be tolerated:**
Vulgar language and inappropriate material is not allowed and will be removed. Abbreviations, self censoring, and attempts to circumvent the word censoring feature also violate this guideline. If your post contains a word that is censored by our software or that we deem inappropriate, your post will not be allowed or will be removed. In limited cases, if we believe your content is otherwise good but contains inappropriate language, we may, but we will have no obligation to, (i) notify you by e-mail requesting a re-write of your content in an appropriate form or (ii) edit, modify, or delete portions of your content, in our discretion. We appreciate good content, and we try to maintain a family friendly atmosphere within the main subject matter of the Websites. Please keep this in mind when participating.
- **Don't link to inappropriate content from your profile or answers:**
When linking or referring to outside websites from your profile, you must ensure that the content linked to or referred to is appropriate for our community, and that it complies with, and would not violate this Code of Conduct, our Terms of Use, Editorial Policy, or other Legal Terms & Conditions if posted on these Websites. This limitation includes mentioning or referencing a site, even if the mention is not hyperlinked. If you post a link and that link is automatically censored, it is considered to be an inappropriate link. If an inappropriate link is contained in your profile or if excessive or inappropriate links are submitted in your comments or posts, your membership may be canceled and some or all content may be deleted.
- **Don't post copyrighted material; this is illegal:**
Do not post copyrighted materials (articles, videos, audio, etc.) that you do not have permission to reproduce or distribute. For text articles, most of the time you may quote a few words of the article (usually no more than a short paragraph) and you must link to the source (if online) or provide the source (if offline). Posting the entire

article or a significant portion of it, even with the source, constitutes copyright infringement. This is not the place to illegally trade or distribute copyrighted video or audio clips (or those with questionable copyright status).

- **Don't engage in scraping or automated posting or participation:**
Automated account creation, participation, and content scraping are not permitted.
- **Don't exploit the community:**
The Websites are a place to gain knowledge, help and support, not customers, page views, or dates. Advertising, directly or indirectly, is prohibited in comments, forum posts and topics, articles, columns, or profiles. Also prohibited are solicitations like "Will you add me as a contact?" or "Will you place a link to my site on yours?" or positioning others.
- **Don't cheat, create multiple accounts, or post content just to gain points:**
If we implement a content rating system, it will be meant to reward the community members for sharing good and useful information with fellow caregivers. Creating multiple accounts or posting content for the sole purpose of gaining points or soliciting others for points is not permitted. Posting filler answers to a question in an effort to be first to answer, or copying and pasting other members' answers, comments, or posts, also are forms of cheating, and are disallowed.
- **Don't violate the law:**
Don't post anything that violates any local, state, federal or international laws, in any applicable jurisdiction. Don't try to trick people into sharing their personal information, invade others' privacy, steal anything (including copyright or trademark material), violate data privacy or security, or threaten, harass, impersonate, or hurt others.
- **Don't behave maliciously or post malicious content**
Don't post links in your profile or anywhere else to sites that contain viruses or malicious programs or that interfere with the operation of the Websites.
- **Don't do any harm and don't lie or state false information**
Be responsible and don't misrepresent yourself, claim false credentials or expertise, or purport to give professional advice of any kind on or via the Websites, or provide any other advice in a way that might cause someone harm. Don't incite or advocate violence or harmful practices.

Questions?

Do you have a question about our Code of Conduct or anything else? Do you have a suggestion? Do you want to offer some feedback? Or are you experiencing some trouble with the Websites? Please contact us at: Info@HelpingYouCare.com

Violation of this Code of Conduct, or our Terms of Use, Editorial Policy, Privacy Policy or Advertising Service Agreement may result in removal or modification, in whole or in part, of any content you have posted on the Websites and/or termination of your account and ability to post content on the Websites, without warning or notice. In extreme cases involving conduct or content that Care-Help LLC has reason to believe or suspect may constitute a violation of law, such conduct may be reported to appropriate law enforcement authorities.

If you discover any violation of this Code of Conduct, please notify us at Admin@HelpingYouCare.com. Please include the words "Code of Conduct Violation" in the subject line of your e-mail.

Thank you for visiting HelpingYouCare.com™ and CaregiversLikeUs.com™.