



What is respite (res-pit)?

Respite is short-term breaks from hands on caregiving. Respite helps family caregivers relax, relieve stress and maintain their own physical and emotional well-being.

How does the SCRC Voucher Program work?

The program's focus is **CAREGIVER RELIEF**. SCRC staff encourages families to use vouchers to **CREATE and EXPAND THEIR CIRCLE OF SUPPORT** by purchasing respite which would otherwise not be affordable and/or accessible to them.

The SCRC awards vouchers in the amount of \$500 to eligible family caregivers. These vouchers may be used, for example, to pay an in-home agency, an Adult Day Center, or a private individual to provide respite. Ideally, vouchers will be not be used to pay family and friends who are willing to provide respite, or are already helping, free of charge. SCRC staff works with each approved family to find the best option for their situation.

Vouchers are used to pay for breaks from hands-on caregiving. They may not be used to:

- Pay the family caregiver directly for the care he/she is providing
- Pay a family member or friend who resides in the home, or on the same family-owned property, to provide care
- Pay for care of a loved one while the caregiver goes to work
- Pay for care that occurred before the voucher was issued

Eligible family caregivers may receive 2 vouchers in a fiscal year, as program funds are available.

Who is eligible?

Unpaid family caregivers who care for a loved one with a significant disability, special need or chronic illness, requiring 24/7 care. SCRC serves all ages of caregiver and care receiver but does focus on parents of children (young or adult) with special needs and family caregivers of disabled or terminally ill adults under the age of 60. Family caregivers of those over the age of 60 may be referred to their county's Area Agency on Aging (AAA)*.

How do I apply?

Call the SCRC office at 803.935.5027 x 1 or x 4 with questions or to request an application.

***Coordination with Area Agencies on Aging**

The SCRC works with the 10 Area Agencies on Aging (AAAs) across South Carolina. AAAs, which operate under the SC Department on Aging, are the best source of support for caregivers of elders. If you are caring for an elder and have not applied for respite with the AAA serving your county, SCRC can provide you with that contact information.