

About Respite

The break that helps keep caregivers whole



“There are only four kinds of people in the world. Those who have been caregivers, those who are caregivers, those who will be caregivers, and those who will need caregivers.” — Rosalynn Carter



Respite is a temporary, short break from providing care for a loved one who has a significant special need.

1 in Four
SC adults are caregivers.¹

610,000,000
hours of unpaid care are provided annually by SC family caregivers.²

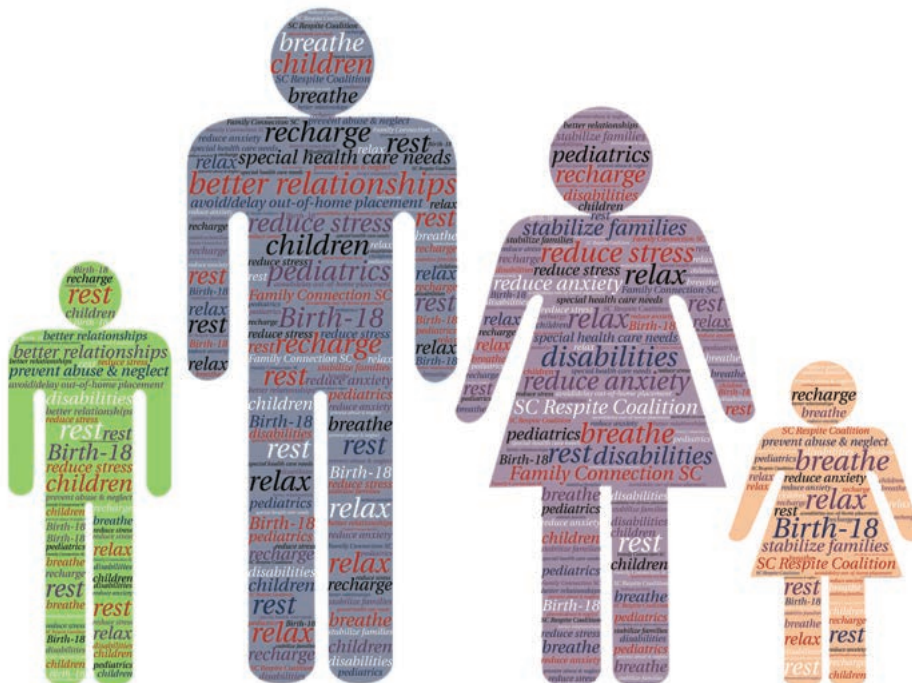


Respite is a chance for caregivers to rest, relax and recharge, reducing fatigue, stress and isolation.

228,478
SC children have special healthcare needs.³

≥ 95,000
SC children are enrolled in special education.⁴

Respite is the need most frequently identified by family caregivers of all ages.





Since 2001, the SC Respite Coalition (SCRC) has been South Carolina's only organization committed to addressing the need for respite across the lifespan. If you are a caregiver for someone under the age of 60, call SCRC for assistance.

Family Connection South Carolina (FCSC) serves families of children with disabilities and special healthcare needs by making connections, raising awareness and promoting inclusion. If you are a parent of a child with disabilities, call FCSC for more information.



SCRC
803-935-5027
screspitecoalition.org



FCSC
800-578-8750
familyconnections.org

GET HELP • GIVE HELP

If you or someone you know needs respite services or if you would like to find out how you can help, please contact the SC Respite Coalition or Family Connection SC

SOURCES AND NOTES:

¹ 2015 Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control

² Valuing the Invaluable: The Economic Value of Family Caregiving; AARP, 2019

³ Kids Count Data Center, 2017-2018

⁴ SC Dept of Education, 2018-19; children with Individual Education Plan

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