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

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

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

1 in Four SC adults are caregivers.1

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

>320,000 SC residents have an independent-living disability.3

≥145,000 SC residents have a self-care disability.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.

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.

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, 4. Estimate based on American Community Survey, 2017

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