

"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.

>320,000

SC residents have an independentliving 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.







SCRC 803-935-5027 screspitecoalition.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.

SOURCES AND NOTES:

- ¹ 2015 Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control
- Valuing the Invaluable: The Economic Value of Family Caregiving; AARP, 2019
- ^{3, 4} Estimate based on American Community Survey, 2017

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