

"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.<sup>1</sup>

610,000,000

hours of unpaid care are provided annually by SC family caregivers.<sup>2</sup>



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

\$7.6 Billion

Timil

worth of care is provided annually by SC family caregivers.<sup>3</sup> ≥ 20 Weekly

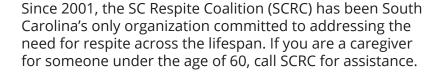
hours of care are provided by nearly 1/3 of SC caregivers.<sup>4</sup>

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









The South Carolina Department on Aging (SCDOA) is a state agency designed to assist older individuals, at-risk adults, persons with disabilities, their families and caregivers to achieve safe, healthy, independent and self-reliant lives. If you are a caregiver for someone 60 or older, call SCDOA for assistance.





## **SCRC**

803-935-5027 screspitecoalition.org





## **SCDOA**

800-868-9095 or 803-734-9919 **GetCareSC.com** 

## **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 the SC Department on Aging.

## **SOURCES AND NOTES:**

- 2015 Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control
- <sup>2,3</sup> Valuing the Invaluable: The Economic Value of Family Caregiving; AARP, 2019
- 4 2015 Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control

This project was supported, in part, by grant number 90LRLI0007-01-00 from the Administration for Community Living/U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201.

Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.