

The break that helps keep caregivers whole



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.

\$7.6 Billion
worth of care is
provided annually by
SC family caregivers.³

≥ 20 Weekly
hours of care are
provided by nearly 1/3
of SC caregivers.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.



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



South Carolina
**DEPARTMENT
ON AGING**

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:

- ¹ 2015 Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control
- ^{2,3} 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.