

What is respite?

Respite is a temporary, short break from providing hands-on care for a loved one who has a significant disability, special need or chronic illness. It is a chance for caregivers to rest, relax and recharge. It reduces fatigue, stress and isolation, improves caregiver health, stabilizes families, and helps avoid or delay costly out-of-home care placements.

Who we are

The South Carolina Respite Coalition is the only entity in the state committed to addressing the needs for respite across the lifespan for all people caring for a child or adult who has special needs.

What we do

We raise awareness about respite, highlighting that respite is a medical and mental health necessity for family caregivers. We bring together organizations working on respite, work with faith communities, and educate policy makers and the public on the needs of respite statewide.

Donate

Donations are the only way SC Respite Coalition can continue providing help to family caregivers who so desperately need a break. Your generosity can help a family stay together!

Every dollar makes a difference in the lives of caregiver families. Please consider giving on a recurring basis!

The SC Respite Coalition is a registered 501(c)(3) organization.

Mail Donations (Checks/Money Orders)
SC Respite Coalition
PO Box 493
Columbia, SC 29202

Or donate online at www.SCRespiteCoalition.org

Respite Breakroom Project

The SC Respite Coalition (SCRC) and the SC Department (SCDOA) on Aging began the Breakroom Project in 2019. A Respite Breakroom is a faith or community-based respite model designed to give a family caregiver a break from their caregiving responsibilities so they can rest, relax, and recharge. It is a respite site, a physical space, staffed primarily by volunteers, where family caregivers can bring their loved one with special needs to participate in activities and socialize with others in a safe, comfortable, and engaging place at a house of worship or community-based facility.

Using a mini-grant process, faith-based and community organizations apply to participate. SCDOA and SCRC select congregations or organizations to launch the program. SCRC provides training and technical support to the selected programs to help them establish and successfully administer the Respite Breakrooms. Each program will face unique circumstances and progress at different rates while serving the respite needs of their community.

If your faith community or community-based organization is interested, please contact our office for more information.

PO Box 493
Columbia, SC 29203
803.935.5027

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South Carolina
Respite
Coalition

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How We Help

- We can provide \$500 respite vouchers to eligible family caregivers through the federal Lifespan grant.
- We coach on how to train and select a respite care provider.
- We encourage building informal support circles to increase respite opportunities.
- We share what we know about the benefits of a break for the health of caregivers as well as care receivers.
- We partner with caregivers support organizations to increase awareness of opportunities for respite.
- We work with faith communities to expand respite opportunities in local areas across the state.
- We provide scholarship opportunities for those in financial need to attend special needs camps.
- We lead the State Committee on Respite (SCOR) and Regional Advisory Committees (RAC) to engage community and statewide organizations in supporting respite efforts.
- We facilitate the Family Selected Respite Program for the South Carolina Department of Disabilities and Special Needs by ensuring respite care providers received required training and are in compliance with state and Medicaid requirements.
- We partner with the SC Department on Aging in the implementation of state and federal Lifespan Respite initiatives.

Facts



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



Studies show that 1 in 5 South Carolina families provide care to a loved one.



1 in 4 of South Carolina's children have been diagnosed with one or more special needs.



Family caregivers for someone in their mid-life usually manage the care alone.



Respite is a cost-effective way to enable families to keep loved ones at home.

Respite Voucher

The focus of the Lifespan Respite Voucher Program is caregiver relief. The SC Respite Coalition awards vouchers in the amount of \$500 to eligible family caregivers. Our staff works with each approved family caregivers. Our staff works with each approved family to find the best respite option for their needs. Vouchers are only used to pay for breaks from hands on caregiving.

They may NOT be used to pay for:

- the family caregiver directly for the care he/she is providing
- pay a family member who currently resides in the home
- pay for care while the caregiver goes to work
- pay for care that occurred before the voucher was issued
- pay medical bills or purchase medical supplies
- offset the cost of paid care already in place

If you are interested in our respite voucher program, please call us and ask to speak to a voucher program staff member.

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