

RESPITE FOR CAREGIVER WELLNESS

Your wellness is their wellness



South Carolina
Respite
Coalition



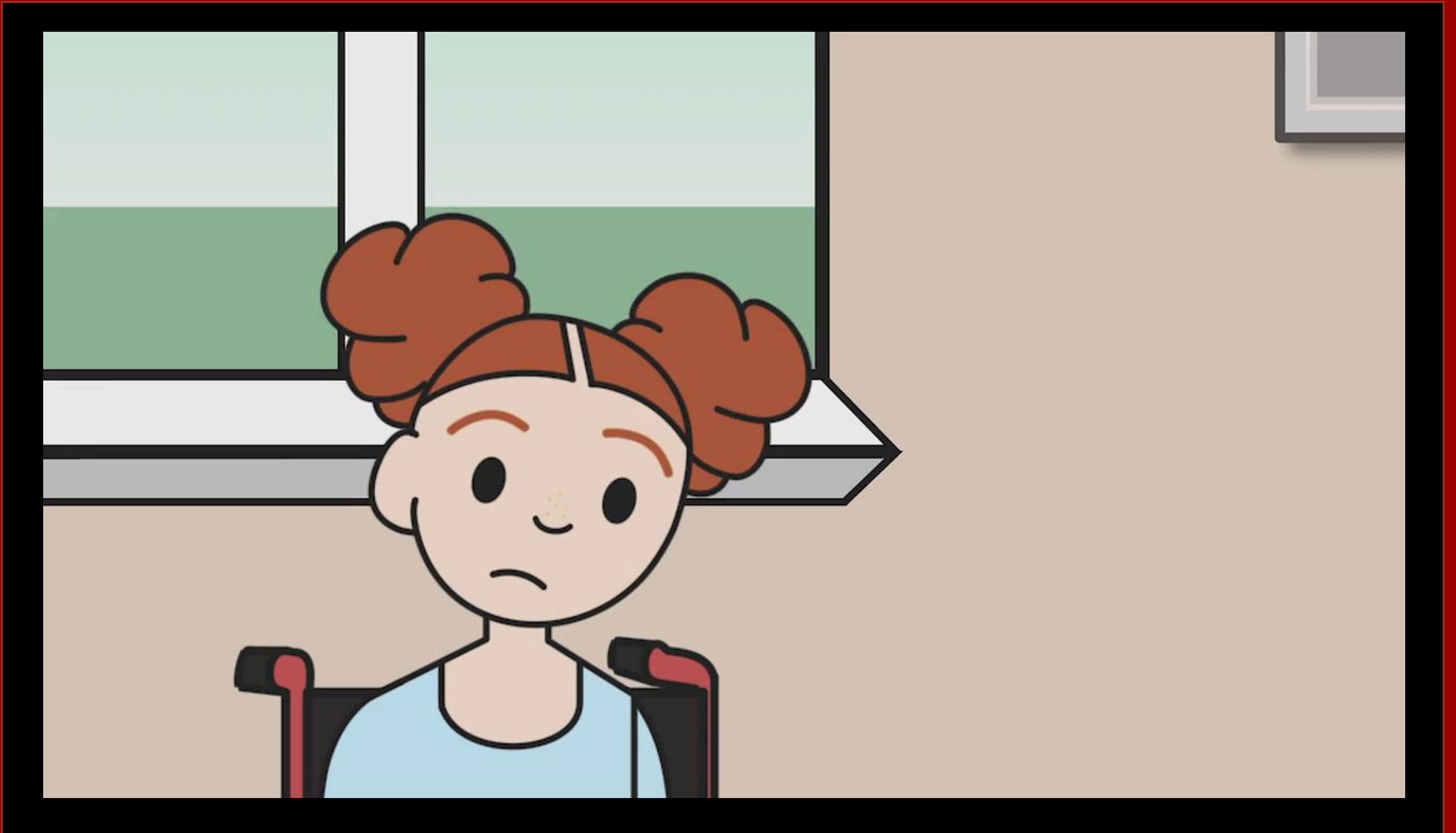


The mission of the SC Respite Coalition is to expand quality respite opportunities in South Carolina throughout the lifespan for South Carolina families who have a member with special needs.

The Coalition Focuses on:

- Encouraging and training respite providers
- Advocating for respite programs and benefits.
- Developing strategies to provide and improve respite services for families across the state.
- Provide support for family caregivers with respite vouchers.

The SC Respite Coalition is the only entity in the state committed to addressing the needs for respite across the lifespan for all persons caring for a child or adult who has special needs. The Respite Coalition was incorporated in the summer of 2001 and is the result of the vision of over 30 organizations.



RESPITE SERVICES

RESPITE is temporary, short breaks from providing hands-on care for a loved one with a significant disability, special need, or chronic illness.

RESPITE is an opportunity for the caregiver to rest, relax and recharge.

RESPITE reduces stress, improves caregiver health, stabilizes families, and helps avoid or delay care recipients' move out of home.

In-home:

Providers range from
nursing services to companionship

Short Term Facility:

Some assisted living, memory care, and
nursing homes accept short term stays

Senior Care Centers:

Contact your local
Area Agency on Aging (AAA)

OPPORTUNITIES WITH RESPITE

Social support is one of the few well documented deterrents to elder abuse.

Relax & Renewal:

Take time away from caregiving obligations to de-stress and allow the body opportunity to recover.

Engagement:

Provide opportunity to engage in hobbies and social interactions that maintain personal identity.

Professional Support:

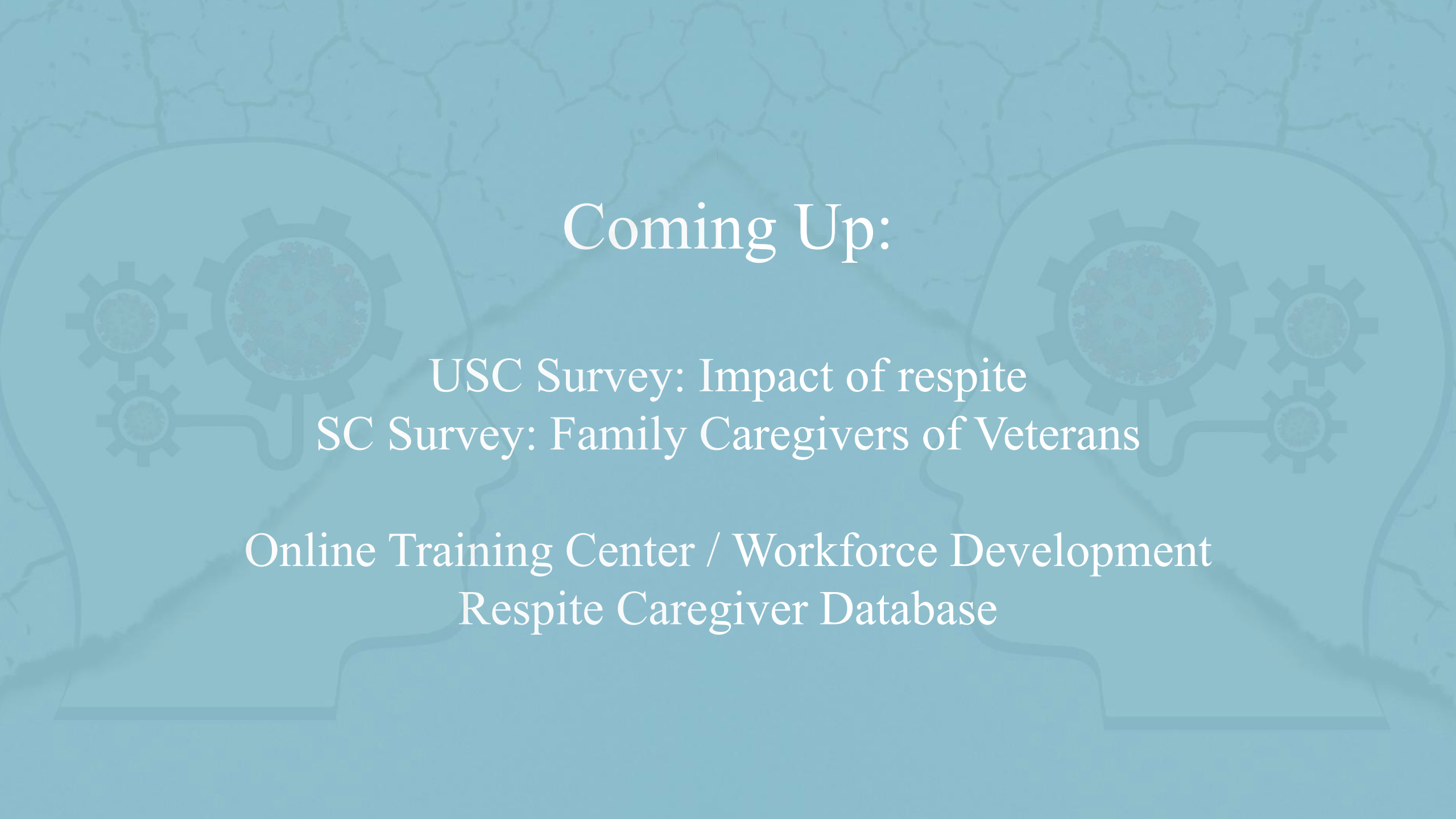
Allow time to interact with professional services that can help sustain your caregiving.

Family:

Opportunity to engage with other family members and focus on personal relationships.

Education:

Learn about additional resources for caregiver support and techniques for easier caregiving.



Coming Up:

USC Survey: Impact of respite
SC Survey: Family Caregivers of Veterans

Online Training Center / Workforce Development
Respite Caregiver Database

WHERE TO FIND ASSISTANCE

1

SC Respite Coalition
www.SCRespiteCoalition.org

2

National Respite Network
www.ArchRespite.org

3

Area Agency on Aging (AAA)
www.aging.sc.gov

4

The Eldercare Locator
(800-677-1116)

5

Alzheimer's Association
www.alz.org/SC

6

AARP
www.states.aarp.org/south-carolina/

7

Care Guide
www.GetCareSC.com

8

Dementia Dialogues
www.sc.edu



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