Respite is a break for family caregivers:
parents, spouses, siblings, grandparents, adult children & even teenagers - anyone who provides care 24 hours a day for someone with special needs.

Of all the things faith communities are asked to do, why consider respite?

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

◊ Family caregivers of all ages prefer family members to provide respite; but with families living apart, your members are often the closest thing to extended family. Think of military families!

South Carolina Respite Coalition

... is the only state wide non-profit organization working with and for families ACROSS THE LIFESPAN to increase awareness of the need for respite. The goal is to expand quality respite services for family caregivers of all ages in S.C.

We help families find respite resources in their community and work with organizations across S.C. to create an easily accessed respite system.

Funding is from Lifespan Respite grants, Alzheimer's Resource Coordination Center and other grants, the Carolinas Center for Medical Excellence, and donations from people like you.

Website: www.screspitecoalition.org

P.O. Box 493
Columbia, S.C. 29202
Phone: (803) 935-5027, Fax: (803) 935-5229
Toll free: 1-866-345-6786
E-mail: respite@screspitecoalition.com

Family Caregivers in your faith community need a break!
The longevity revolution means caregiving has never lasted so long.

1 in 5 American families are taking care of someone 50+. One in 8 people over 65 have dementia and half of those over 85.

1 in 4 South Carolina Children have one or more diagnosed special needs often hidden.

When a couple has a child with special needs their marriage has greater stress.

Wives and husbands are often isolated from society when they become caregivers.

What can we do?

- Pastoral and friendly visits are excellent times for coaching: encourage all family caregivers to take a break.
  - Teach them it’s essential to ask for help & accept offers from others.
  - Remind them that respite providers can be part of their back-up plan and will know how to take over if they get sick or have an accident.
  - Emphasize how good respite is for their loved one as well - an important message for older spouses who do not see they have become a “caregiver” till they are burned out.

- Find and know your family caregivers. Hear their needs! Help them find & use resources. Introduce them to our “What You Need to Know about me” notebook.

- Ask if the family caregivers want to attend congregational activities & how it could happen. Help them train a small team of members to care for the loved one either at home or in your facility.

- Use www.lotsahelpinghands.com to coordinate volunteers taking meals, doing errands. Involve the youth group!

- Look at ministries you are already doing. Can they be “tweaked” to help caregivers?

- Create a dedicated “respite fund” from which family caregivers can draw to pay for respite. See Respite Benevolence Policy, under publications @ www.screspitecoalition.org.

- Take up a collection or provide volunteers for a respite program or organization.

- Start a respite co-op, offer respite during support groups or work with other faith groups or recreational, private or public organizations.

- See our website and Fact sheet 53: www.archrespite.org for risk management information and respite models.

Donor/inquiry form

South Carolina Respite Coalition

Name: ______________________________
Address: ____________________________
City: ___________________ zip _________
County: ____________________________
Phone(s): (_____) ____________________
e-mail: ____________________________

☐ My faith community wants a speaker or information on starting respite ministry.

☐ My tax-deductible contribution of $ _________ is enclosed.

☐ I will help with respite advocacy.

6/2013