



PO Box 493, Columbia, SC 29202
www.screspitecoalition.org
respite@screspitecoalition.org
803-935-5027 or toll free 866-345-6786

Working with family caregivers of all ages to increase and help them find respite in SC.

SOUTH CAROLINA RESPITE RESOURCES (besides ours)

HELPFUL WEBSITES: www.archrespite.org (general info.) and www.caremanager.org to find a “sitter” try www.care.com (\$30/mo) AND try www.lotsahelpinghands.com. (S.C. free Personal Care worker list is gone.)

Aging:

- Local *Council on Aging*: 1-800-868-9095. www.aging.sc.gov/Contactinformation/
- *Family Caregiver Support Program*: 1-800-868-9095 www.aging.sc.gov/contact/Pages/FCSPContacts.aspx
(1) care receiver must be 60+ but their caregiver can be any age; (2) parents 55+ still caring for adult “child” with developmental disabilities; (3) caregivers of any age of people with dementia. **NOTE: THEY HANDLE ALZHEIMERS RESPITE FUNDS, FAMILY CAREGIVER SUPPORT \$\$ and THE NEW STATE RESPITE FUNDS.**

Aging and Disabilities: www.scaccesshelp.org (see “Aging” for parents 55 + of adult children with Dev. Dis.)
County information specialist: https://scaccess.communityos.org/local/os107/posting_area/IRAList4.htm

- *Community Long Term Care Office*: 1-803-898-2590. (helps families care at home for loved ones who need nursing home level of care.)
www.dhhs.state.sc.us/dhhsnew/insidedhhs/bureaus/BureauofLongTermCareServices/CLTCOverview.asp
- Find your local *Aging and Disability Resource Center (ADRC)* 1-803-898-2590.

Alzheimer’s: www.aging.sc.gov/seniors/AlzheimersResourceCoordinationCenter/

- To locate *ARCC part day respite centers*: 1-800-868-9095
- *Alzheimer’s Association*: Chapter: 1-800-273-2555 www.alz.org/sc/ will give “sitter funds” to attend support groups & Alzheimer’s trainings. They do not handle the respite vouchers any more. See “Aging “ above.

Disabilities or Head & Spinal Cord Injury: <http://ddsn.sc.gov/Pages/default.aspx>

- *SC Dept. Disabilities & Special Needs*: 1-800-289-7012
- *SC Autism Society*: 1-800-438-4790 www.scautism.org/WEB/index.html
- *Multiple Sclerosis Society*: 1-800-922-7591 www.nationalmssociety.org
- *ALS Association*: 1-803-667-4549 www.alsa.org/
- Find your local *Family Caregiver Support Program*: 1-800-868-9095 www.scaccesshelp.org

Children with Disabilities or Chronic Health Needs:

- *Family Connection of SC*: 1-800-578-8750 www.familyconnectionsc.org/

Grandparents over 55 raising birth grandchildren 18 and under:

- Find your local *Family Caregiver Support Program*: 1-800-868-9095 (see “Aging”)



Mental Illness:

- *National Alliance for the Mentally Ill*: 1-800-788-5131 www.nami.org
- *Federation of Families* (parents of teens up to 19): 1-866-779-0402 www.fedfamsc.org

Veterans: *Caregiver Support Line*; 1-855-260-3274. 8am-11pm Mon-Fri; 10:30am-6pm Sat.

NOTE: *There is a caregiver Advocate in each region. Put zip code in at www.caregiver.va.gov*

“WHAT YOU NEED TO KNOW ABOUT ME” NOTEBOOK can be downloaded at www.screspitecoalition.org under “Publications” to leave with respite providers. A link to a notebook for parents whose kids have special needs is also there.