

Did you Know?

Over 560,000 family caregivers in South Carolina provide 610 million hours of 'free' services to their chronically ill, disabled or aged loved ones. If those services had to be replaced by even low-paid health care workers, the cost would be more than \$5.5 billion each year.



Caring for a frail or disabled elder can be very challenging, but there are resources that can make things a little easier.

For ideas, answers to caregiving questions, or help locating services

in your community, call the Family Caregiver Support Program, a free service for South Carolina's caregivers.

803-734-9900

1-800-868-9095

"I thought at one time, I had to do this all by myself. Now I know that others do care and are ready to help, once you find out who they are."



Caregiver Survival Tips

Learn about available resources

Develop contingency plans

Accept Help

Make your health a priority

Share your feelings with others

Take time for yourself

Trust yourself & your decisions



**Lieutenant Governor's
Office on Aging**

1301 Gervais Street, Suite 350

Columbia, SC 29201

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1-800-868-9095

www.aging.sc.gov

Family Caregiver Support Program

A Program of the South Carolina
Lt. Governor's Office on Aging and
South Carolina's Area Agencies on Aging



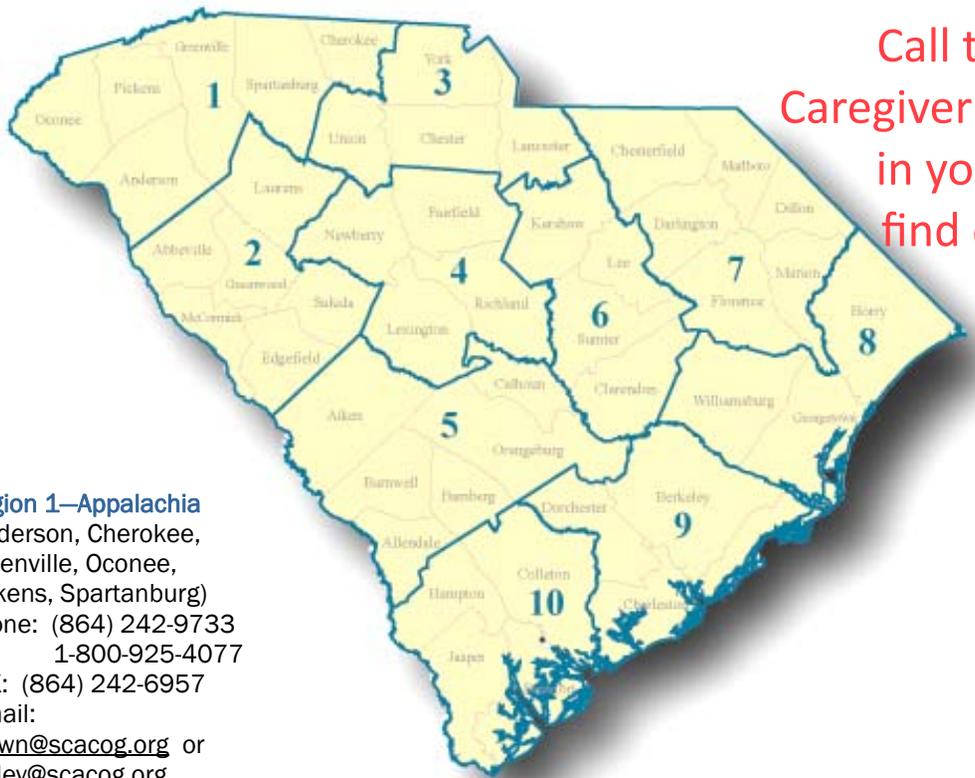
*Helping Families
Caring For Elders*

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*Helping Seniors
Raising Children*

*Established to make caregiving
a little easier and less stressful
for families in South Carolina*

803-734-9900

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Call the Family Caregiver Advocate in your area to find out about services.

Family Caregiver Support Program

Program Eligibility

- Unpaid adults caring for a frail or disabled adult, 60 or older, or for someone with Alzheimer's disease
- Grandparents/relatives, 55 or older, caring for an adult with a disability
- Grandparents/relatives, 55 or older, responsible for raising a child 18 years or younger



Services Include

- Answers to caregiving questions
- Help locating community resources
- Support groups to connect with other caregivers and share ideas
- Training in care techniques, stress management, financial planning, & nutrition
- A short break from caregiving
- Services such as counseling, nutrition, caregiving supplies, or medical equipment

Region 1—Appalachia

(Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg)
 Phone: (864) 242-9733
 1-800-925-4077
 FAX: (864) 242-6957
 E-mail:
brown@scacog.org or
swiley@scacog.org

Region 2—Upper Savannah

(Abbeville, Edgefield, Greenwood, Laurens, McCormick, Saluda)
 Phone: (864) 941-8067
 FAX: (864) 941-8090
 E-mail:
bwright@uppersavannah.com

Region 3—Catawba

(Chester, Lancaster, York, Union)
 Phone: (803) 329-9670
 FAX: (803) 329-6537
 E-mail: Deb.Lewis@catawba-aging.com

Region 4—Central Midlands

(Fairfield, Lexington, Newberry, Richland)
 Phone: (803) 376-5390
 FAX: (803) 376-5394
 E-mail:
jritchey@centralmidlands.org

Region 5—Lower Savannah

(Aiken, Allendale, Bamberg, Barnwell, Calhoun, Orangeburg)
 Phone: (803) 649-7981
 1-866-845-1550
 FAX: (803) 649-2248
 E-mail: clindler@lscog.org

Region 6—Santee-Lynches

(Clarendon, Kershaw, Lee, Sumter)
 Phone: (803) 775-7381
 FAX: (803) 773-9903
 E-mail: slfamily@slcog.org

Region 7—Pee Dee

(Chesterfield, Darlington, Dillon, Florence, Marion, Marlboro)
 Phone: (843) 383-8632
 FAX: (843) 383-8754
 E-mail:
cynthia.bridges@caresouth-carolina.com

Region 8—Waccamaw

(Georgetown, Horry, Williamsburg)
 Regional Council of Governments
 Phone: (843) 546-8502
 1-800-569-1957
 FAX: (843) 527-2302
 E-mail: jengray843@yahoo.com

Region 9—Trident

(Berkeley, Charleston, Dorchester)
 Phone: (843) 554-2278
 FAX: (843) 554-2284
 E-mail: jcurrin@tridentaaa.org

Region 10—Lowcountry

(Beaufort, Colleton, Hampton, Jasper)
 Phone: (843) 726-5536
 FAX: (843) 726-5165
 E-mail: rmihylov@lowcountry.org