

## 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

803-734-9900

1-800-868-9095

[www.aging.sc.gov](http://www.aging.sc.gov)

LGOA 2-2012

# 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*



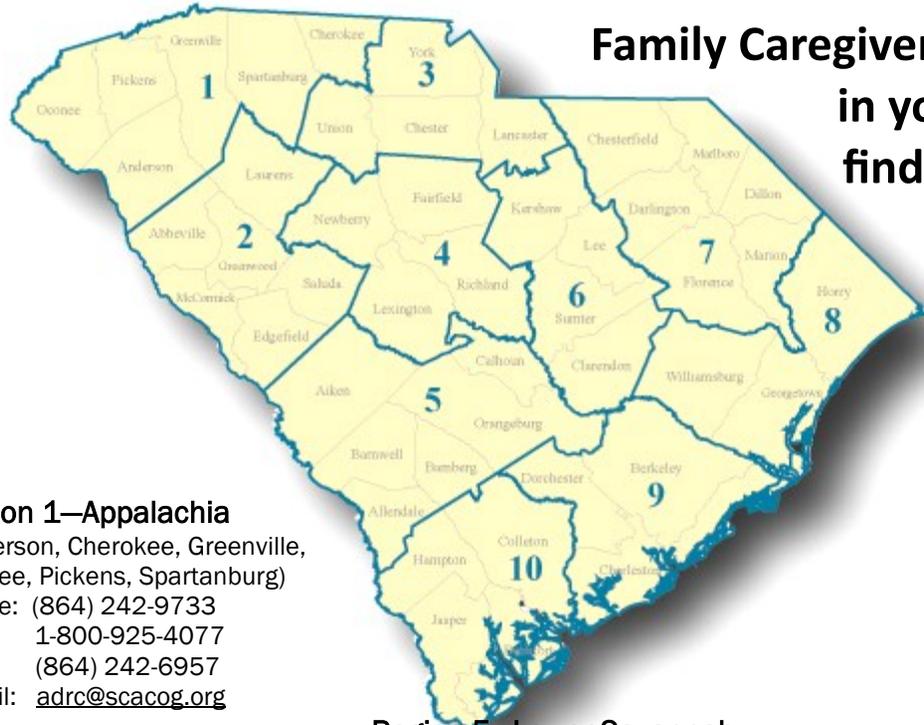
*Helping Seniors  
Raising Children*

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

**803-734-9900**

**1-800-868-9095**

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



**Region 1—Appalachia**

(Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg)

Phone: (864) 242-9733  
1-800-925-4077

FAX: (864) 242-6957  
E-mail: [adrc@scacog.org](mailto:adrc@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](mailto:bwright@uppersavannah.com)

**Region 3—Catawba**

(Chester, Lancaster, York, Union)

Phone: (803) 329-9670  
FAX: (803) 329-6537

E-mail: [catawbaAAA@catawba-aging.com](mailto:catawbaAAA@catawba-aging.com)

**Region 4—Central Midlands**

(Fairfield, Lexington, Newberry, Richland)

Phone: (803) 376-5390  
FAX: (803) 376-5394

E-mail: [aging@centralmidlands.org](mailto:aging@centralmidlands.org)

**Region 5—Lower Savannah**

(Aiken, Allendale, Bamberg, Barnwell, Calhoun, Orangeburg)

Phone: (803) 508-7033  
1-866-845-1550

FAX: (803) 649-2248  
E-mail: [info@lscog.org](mailto:info@lscog.org)

**Region 6—Santee-Lynches**

(Clarendon, Kershaw, Lee, Sumter)

Phone: (803) 775-7381  
FAX: (803) 773-9903

E-mail: [slfamily@slcog.org](mailto:slfamily@slcog.org)

**Region 7—Pee Dee**

(Chesterfield, Darlington, Dillon, Florence, Marion, Marlboro)

Phone: (843) 383-8632  
FAX: (843) 383-8754

E-mail: [Gloria.zabawa@caresouth-carolina.com](mailto:Gloria.zabawa@caresouth-carolina.com)

**Region 8—Waccamaw**

(Georgetown, Horry, Williamsburg)  
Regional Council of Governments

Phone: (843) 546-8502  
1-888-302-7550

FAX: (843) 527-2302  
E-mail: [jengray843@yahoo.com](mailto:jengray843@yahoo.com)

**Region 9—Trident**

(Berkeley, Charleston, Dorchester)

Phone: (843) 554-2278  
FAX: (843) 554-2284

E-mail: [info@lscog.org](mailto:info@lscog.org)

**Region 10—Lowcountry**

(Beaufort, Colleton, Hampton, Jasper)

Phone: (843) 726-5536  
FAX: (843) 726-5165

E-mail: [cglasson@lowcountrycog.org](mailto:cglasson@lowcountrycog.org)

**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