



# Respite

*Because Everyone  
Needs Time Off*

*How many here are living with a brain injury?*

*How many here are providing support for someone living with a brain injury?*

*How many here are healthcare or social services professionals who support family caregivers and/or brain injury survivors?*

*Respite is not:*

- *A government funded service*



*Respite is not:*

- *A government funded service*
- *Arranged for you by someone else*

*Respite is not:*

- *A government funded service*
- *Arranged for you by someone else*
- *Going to your job while someone stays with your loved one*

*Respite is not:*

- *A government funded service*
- *Arranged for you by someone else*
- *Going to your job while someone stays with your loved one*
- *Possible without trusted care arrangements for your loved one*



*Respite Is:*

- *A planned break from giving care*

## *Respite Is:*

- A planned break from giving care*
- An un-planned break from giving care*

## *Respite Is:*

- *A planned break from giving care*
- *An un-planned break from giving care*
- *Me time*

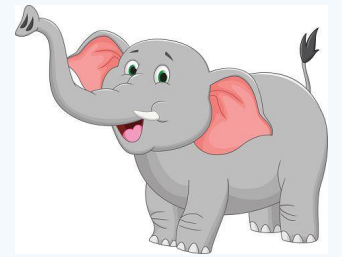
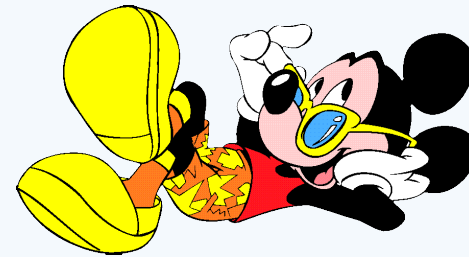
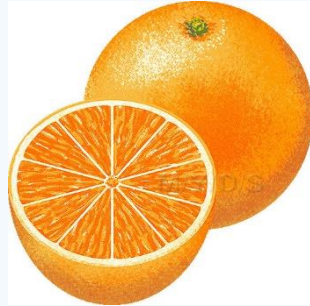
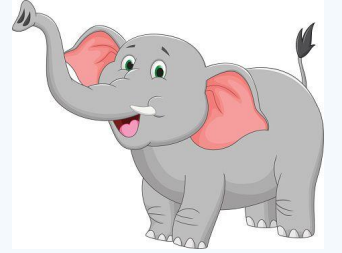
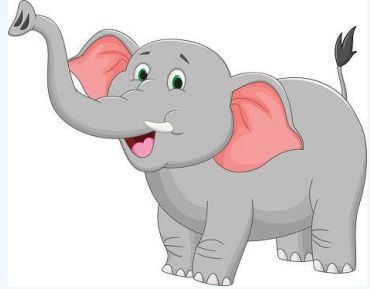
## Respite Is:

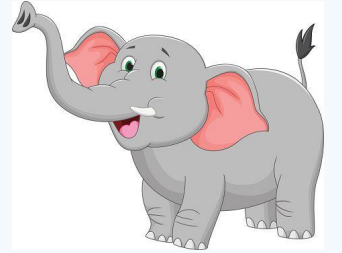
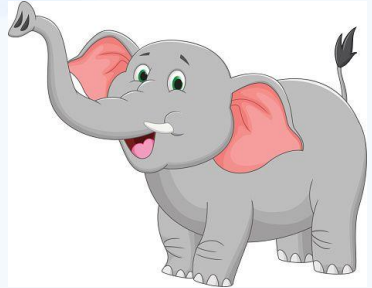
- A planned break from giving care
- An un-planned break from giving care
- Me time
- A necessity if you want to provide the best possible care for your loved one

## Family Caregiver Wish List

Can you tell me one weekly or monthly task that you find burdensome, which you would gladly let someone else do for you?







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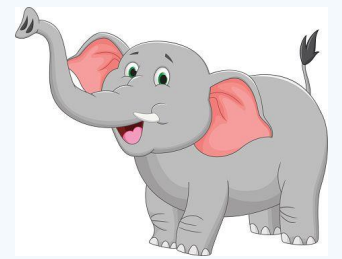
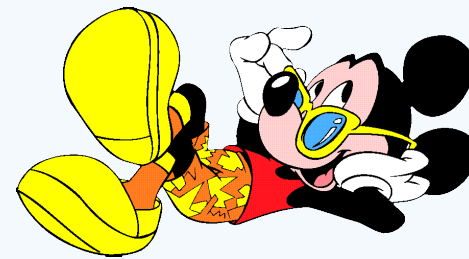
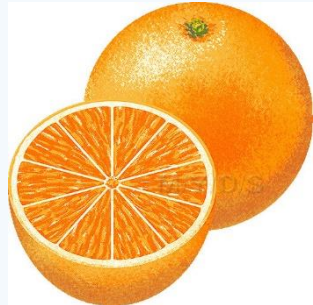
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*Making a Respite Plan* involves talking to people.

*Family*

The background features a stylized landscape with rolling hills. The top portion consists of several layers of light blue and white wavy bands, suggesting a sky or distant hills. The bottom portion consists of rolling green hills in various shades of green, from light to dark, creating a sense of depth and texture.

# Family Friends





Family  
Friends  
Neighbors

The background features a stylized landscape with rolling hills. The top portion consists of light blue and white wavy bands, while the bottom portion consists of green and light green wavy bands. The text is positioned in the upper left area of the white space.

Family

Friends

Neighbors

Brain Injury Support Groups



Family

Friends

Neighbors

Brain Injury Support Groups

Healthcare Professionals



Family

Friends

Neighbors

Brain Injury Support Groups

Healthcare Professionals

Faith Community

The background features a stylized landscape with rolling hills. The top portion consists of light blue and white wavy bands, while the bottom portion consists of green wavy bands. The text is positioned on the left side of the image.

Family

Friends

Neighbors

Brain Injury Support Groups

Healthcare Professionals

Faith Community

College Students





Family

Friends

Neighbors

Brain Injury Support Groups

Healthcare Professionals

Faith Community

College Students

Graduate Students

Family

Friends

Neighbors

Brain Injury Support Groups

Healthcare Professionals

Faith Community

College Students

Graduate Students

Non-Medical Home Care Agencies

# Circle of Support

*Can you name 3 individuals, organizations, or services that routinely support YOU as you support someone living with a brain injury?*



# *Respite Resources:*

**DDSN/HASCI Waiver:** If the waiver services include Respite, and depending on which county you live in, you will have some choices about who works the Respite hours.

Lutheran Services Carolinas offers respite care through **Angels House**, a home located in a residential area of Columbia. Angels House **can accommodate four adults, providing them temporary housing and support services, enabling their caregivers to have some time off.**



Respite Vouchers from an Area Agency on Aging - There are 10 in South Carolina

Who is eligible to apply for respite vouchers through the Family Caregiver Respite Program at an Area Agency on Aging?

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Seniors (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities.

Family Caregiver Respite Vouchers from the South Carolina Respite Coalition – not money, but approval to spend up to a certain amount to hire someone to provide care while you get a break.

## Lean on Me

Lean on me when you're not strong  
And I'll be your friend,  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need somebody to lean on.

## Lean on Me

You just call on me, brother,  
when you need a hand  
We all need somebody to lean on.  
I just might have a problem  
that you'll understand,  
We all need somebody to lean on.



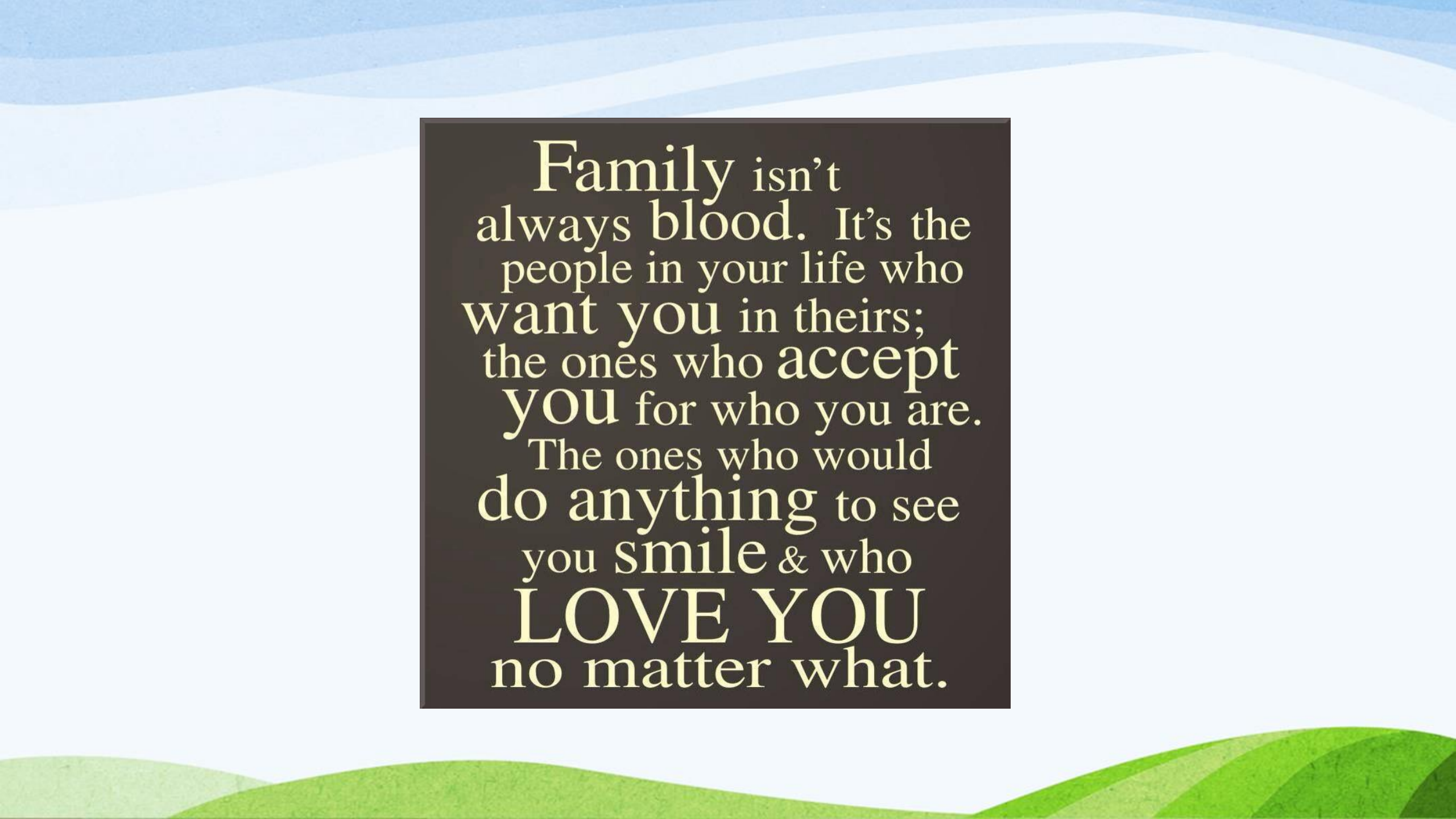
## Lean on Me

If there is a load  
You have to bear  
That you can't carry  
I'm right up the road  
I'll share your load  
If you just call me.



## Lean on Me

You just call on me, brother,  
when you need a hand  
We all need somebody to lean on.  
I just might have a problem  
that you'll understand,  
We all need somebody to lean on.



Family isn't  
always blood. It's the  
people in your life who  
want you in theirs;  
the ones who accept  
YOU for who you are.

The ones who would  
do anything to see  
you smile & who  
**LOVE YOU**  
no matter what.



# Respite

Because Everyone  
Needs Time Off