



*"Words can't express how you enriched dad's life in his last years."*  
 - Denise B.



*"We had no idea what we were facing. Thankfully, the support group told us what we needed to do to prepare for the future and gave a sympathetic ear."*  
 -- Susan L.



*"Respite Care Charleston not only enhances the lives of program participants, it enhances the quality of life for entire families!"*  
 -- Charleston Mayor's Office on Aging



Respite Care Charleston is a 501(c)3 nonprofit providing support and services to those living with Alzheimer's and other forms of dementia.

Caregiver Support  
 Half-Day Respite Care  
 Caregiver Resources  
 Early Interventions  
 Education & Outreach



For more information, to volunteer or to donate, visit  
[www.RespiteCareCharleston.org](http://www.RespiteCareCharleston.org)  
 or contact us at 843.647.7405

Caring for someone with Alzheimer's disease or another form of dementia?

**You Are Not Alone.**



## Caregiver's Ten Commandments

- Always Agree... Never Argue
- Always Redirect... Never Reason
- Always Distract... Never Shame
- Always Reassure... Never Lecture
- Always Reminisce...  
Never say "Remember"
- Always Repeat...  
Never say "I already told you"
- Always Say "Do what you can"...  
Never say "You can't"
- Always Ask... Never Command
- Always Encourage & Praise...  
Never Condescend
- Always Reinforce... Never Force

*"My mom enjoys her time at Respite Care, and I really love seeing her laugh and have fun."*  
 -- Kelly F.





## Early Intervention

Adults with mild cognitive impairment or early stage memory loss can benefit from these proactive services tailored to their unique needs.

### SENIOR MOMENTS

In this half-day “club”, participants learn to ways promote brain health, practice wellness techniques, work together on cognitive exercises and engage in other therapeutic activities. The social atmosphere helps combat isolation and encourages fun!

### EARLY STAGE SUPPORT GROUP

Group members discuss their diagnoses and the changes they’re experiencing, offer encouragement and advice, discuss new and ongoing challenges and share their concerns for the future in a confidential setting.



## Half-Day Respite Care

By providing caregivers a much needed break and engaging their loved ones with socialization and stimulation, our non-medical respite program improves the quality of life for the entire family.

Engaging activities for participants with the mid- to late-stage dementia include:

- Group socialization
- Brain games, puzzles & trivia
- Music therapy
- Arts & crafts
- Gentle exercise
- Pet therapy
- Intergenerational activities

With multiple program locations, RCC offers affordable, convenient care for participants from age 52 to 102.

*“Even though she forgets so much, my sister ALWAYS knows when it’s Friday and she’s going to program.”*

-- Jill M.



*\*Scholarships are available to ensure no family goes without respite care due to financial challenges.*

## Caregiver Support

RCC facilitates nine+ support groups each month, with varied locations and times to meet the needs of a diverse array of caregivers.

These open group meetings offer caregivers a safe and confidential place to laugh and cry, to share experiences and problem-solve challenging behaviors, to learn about and prepare for the journey ahead, to connect with community resources, and to give and receive encouragement and support.

Other services include a library of resources, one-on-one support, educational workshops, and dementia-friendly events where caregivers and their loved ones spend time with other Respite families in the community.



*“I’m not alone anymore. I have people I can call any time when I need help.*

*My stress level is down!”*

-- Lillian P.



*“I’m convinced Respite Care Charleston has prolonged our time together.”*

-- Mike H.



## PROGRAM LOCATIONS

James Island | Johns Island  
Mt. Pleasant | North Charleston  
West Ashley

For a current schedule of programs and support groups, visit [www.RespiteCareCharleston.org](http://www.RespiteCareCharleston.org).