

2.3

What Respite options are available if you are 16-21 years old

What is respite?

Respite provides a person with a disability time away from their carers so that they can enjoy a positive experience while the carers have a break. Respite is designed to be flexible. It doesn't have to be based in a centre and it doesn't have to be titled 'respite'. Respite can be provided in your home or for example, by spending time at a recreational. Some carers chose to have a break with the person they are caring for.

Can I access emergency respite?

If you need emergency respite call the **Commonwealth Respite and Carelink Centre on 1800 059 059** during business hours.

Outside of business hours call Annecto Emergency After Hours Respite Service on 1800 727 280.
Or DHS Intake and Response 1800 073 073

Is a referral necessary for respite services?

Most services will allow you to refer yourself.

The Department of Human Services provides a centralised respite booking system. You can contact DHS Intake and Response on 1800 073 073. Refer also to information sheet 4.5 of this kit 'Is this the first time you have tried to access services?'

Where can I get a full list of respite service providers?

Respite Finder helps families and care providers identify potential sources of respite available in their local area. To get a copy of this call 1800 059 059 or online at www.respitenorthandwest.org.au

Other options:

If you need assistance with you healthcare needs in your home contact the **Royal District Nursing Service (RDNS)** on 1300 657 265. Please note that they do not provide a respite service.

What is Home And Community Care (HACC)?

Your local Council has services that are funded by Home And Community Care (HACC) and are available for people with a disability and their carers. HACC services include:

Respite care - Any activity that provides a carer with a break from their caring role

Home care – Assistance in your home with housework, shopping

Personal care – Assistance with personal hygiene eg showering, dressing

These services do incur a cost and this is calculated depending on your income. To talk to someone regarding eligibility you can contact your local council and ask to speak to the Home And Community Care Assessment Team. If possible contact your council prior to contacting DHS Intake and Response. You may like to read information sheet 4.7 of this kit 'How do I access my local council'

Commonwealth Respite and Carelink Centres (CRCC) are your first stop to finding all of the respite options available to you. They offer telephone information, support and can assist families to have a break. Call 1800 059 059 to be put through to your nearest centre or call them direct . Northern Suburbs: Commonwealth Respite and Carelink Centre (CRCC), CarerLinks North 9495 2500. Western Suburbs: Respite Connections 9396 9550