

The Disability Respite Market

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The respite strategy

Disability Support Services (DSS) released the disability respite strategy *Transforming Respite* in July 2017. The main outcome we are seeking through the strategy is primary carers who are not stressed, are resilient, have the capacity to have ordinary life experiences and feel able to continue to provide care. For the disabled person, respite will be a positive experience.

Changes to the respite model will include:

- the introduction of flexible respite budgets
- more options for families to use for respite
- easier payment methods
- better information about the various respite options.

This document provides information to help current and prospective providers of respite support and services, prepare for the opportunities that will arise from the implementation of the respite strategy. This information should allow providers to better understand areas of expected demand and the characteristics of the respite market in each region.

DSS values the role of providers in delivering high-quality, person-centred support to help disabled people and their families/whānau have a break from the caring role. We would like to see a diverse range of respite options available, so that disabled people and their families/whānau have a choice of both mainstream and disability specific services, and family and community support.

Flexible respite budgets

Most families/whānau with a current allocation of Carer Support will have this converted to a flexible respite budget. Implementation of flexible respite budgets will occur first for people who receive Carer Support of around \$5,000 or less per year.

Families/whānau who are currently allocated other types of respite will be moved to flexible respite budgets over time. When flexible respite budgets are fully implemented, Needs Assessment and Service Coordination services (NASCs) will no longer allocate specific respite service lines (with perhaps an exception for facility-based respite). Instead, NASCs will allocate a budget relative to the support needed; the disabled person and their families/whānau will decide what respite support or services they wish to purchase with their flexible respite budget.

An enhanced range of respite options

For flexible respite budgets to work, there needs to be a range of quality respite supports and services for people to purchase. Ideally, respite options will provide:

- a stress-free break for carers
- purposeful, fulfilling work for support workers
- a positive, empowering experience for the disabled person.

We are encouraging mainstream and disability-specific providers to work with disabled people, families/whānau and community groups to design innovative respite solutions in response to local demand.

We consider the market challenges and opportunities to be:

- ensuring provider financial sustainability and investment in service development
- achieving good value for money
- providing choice for disabled people and families/whānau
- attracting a highly skilled workforce, particularly to support those with challenging behaviours and/or high and complex needs
- providers that are responsive to what communities want
- achieving equity of service delivery across the country for all disability types and all ages
- ensuring that disabled people and their families/whānau know what services are available and how to access them.

Preferences for respite options by age

During development of the respite strategy, we surveyed disabled people and their families/whānau. The survey asked people to rate a range of respite options in order of preference.

The following table summarises the 961 responses to this question. In interpreting this information data, please be aware that the data is less reliable for age categories where we had fewer responses.

Table 1: Most popular respite options by age of disabled person

Age	Most popular respite options
0–5	Support worker coming to the family home to provide respite School holiday programmes Day trips Group activities
6–11	School holiday programmes Day trips Group activities Holiday camps
12–21	School holiday programmes Day trips Group activities Evenings out Holiday camps
22–35	Evenings out A support worker takes the disabled person out for the day/half day Overnight stays in a house only used for respite Group activities Day trips
36–64	Support worker coming to the family home to provide respite A support worker takes the disabled person out for the day/half day Evenings out Overnight stays in a house only used for respite
65+	Support worker coming to the family home to provide respite Overnight stays in an aged care facility Group activities Overnight stays in a house only used for respite

A more detailed version of this information is attached in Appendix 1.

What children and young people want for respite

Around 70 percent of the people who receive a respite allocation are aged under 21 years. Our feedback from children and young people with intellectual disabilities, physical disabilities, autism, or multiple and profound disabilities, is that the activities they want to do while at respite are the same as most people of their age, for example going to the movies, playing computer games, or going to the park or beach.

Children and young people with disabilities desire to:

- establish a supportive community around their respite services
- ensure that their parents are well supported and welcomed within the respite service
- have more of a say about the types of activities on offer at respite and how the service is run.

More detailed feedback from children and young people can be found in the Summary of Submissions on the draft respite strategy:

www.health.govt.nz/system/files/documents/publications/summary-submissions-transforming-respite-jul17.pdf

Disclaimer

The information presented in this document was prepared in September 2017 and draws on information collected from October 2016 – September 2017. Socrates data was extracted in September 2017. All care has been taken to ensure the information is accurate and up to date at the time of publication. For updated information at any time, please contact respitestrategy@moh.govt.nz.

We suggest that providers do their own local analysis of the demand for services and supports in the region that they are looking to operate, and to engage with local communities to respond to local demand.

Although recent occupancy rates of facility-based respite is included in this document, a number of factors influence the occupancy of respite facilities including numbers of referrals, compatibility of clients, cancellations, the desirability of the service and its location.

National information on respite allocations

Across New Zealand, almost 19,000 people have been allocated disability respite support by a NASC. The following section sets out information on the age, ethnicity, location and value of respite allocated. The information is shared to give providers a sense of the size and make-up of the respite market in each region.

Respite at a glance

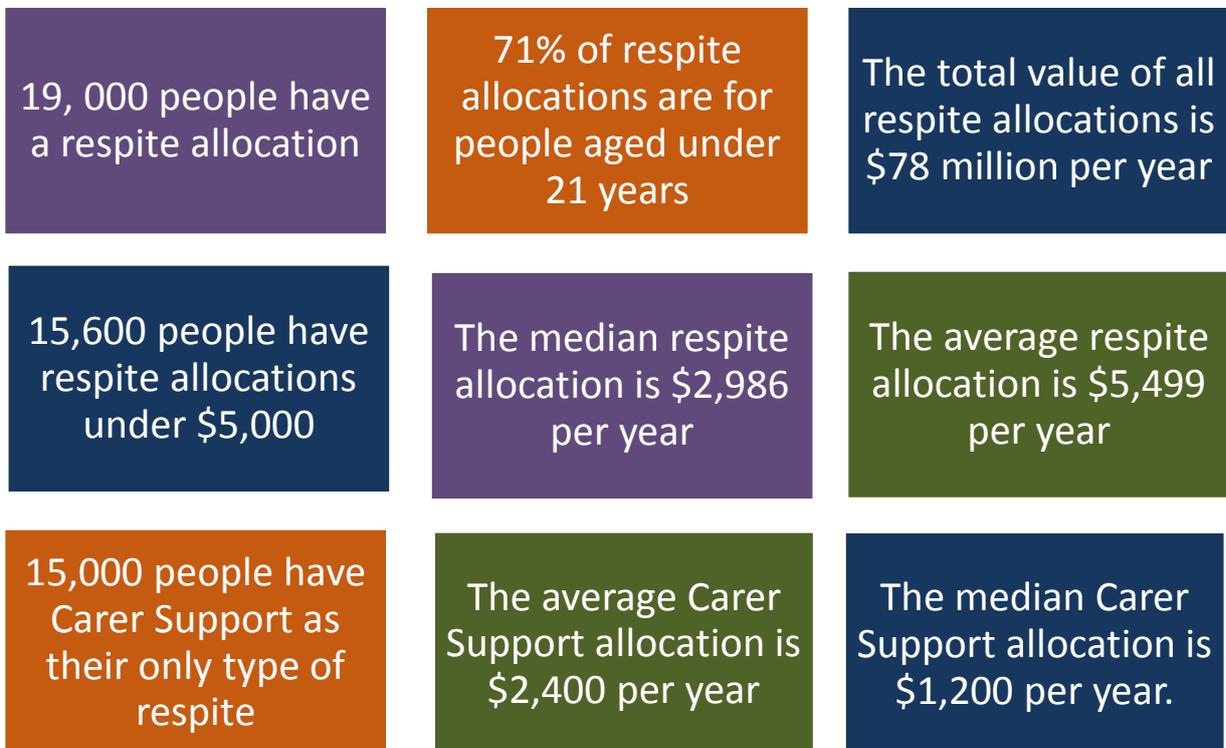


Table 2: Number of people with a respite allocation by region and ethnicity

NASC region	European/Other	Māori	Asian	Pacific	Not Stated	Total
Auckland	3,065	936	1,137	1106	481	6,725
Bay of Plenty, Lakes	943	521	37	21	7	1,529
Canterbury, West Coast, Sth Cant	1,974	357	132	56	53	2,572
Hawke's Bay	285	179	16	17	8	505
Hutt Valley	391	100	40	52	9	592
Mid-Central	471	152	31	11	9	674
Nelson Marlborough	460	83	5	3	0	551
Northland	392	452	19	11	1	875
Southern	927	128	21	20	38	1,134
Tairāwhiti	51	107	2	4	1	165
Taranaki	349	115	11	6	12	493
Waikato	933	464	83	48	30	1,558
Wairarapa	113	41	1	4	3	162
Wellington	591	139	94	95	48	967
Whanganui	162	63	6	5	5	241
Grand Total	11,107	3,837	1,635	1,459	705	18,743

Table 3: Number of people with respite allocations by NASC region and age.

NASC Region	0–5	6–11	12–21	22–35	36–64	65+	Total
Auckland	683	1,839	2,404	960	654	185	6,725
Bay of Plenty, Lakes	132	422	522	212	199	42	1,529
Canterbury, Sth Cant, West Coast	182	681	922	372	342	73	2,572
Hawke's Bay	46	145	192	62	50	10	505
Hutt Valley	40	157	204	112	63	16	592
Mid-Central	33	158	241	105	117	20	674
Nelson Marlborough	28	136	207	85	63	32	551
Northland	80	216	282	117	133	47	875
Southern	83	279	429	128	158	57	1,134
Tairāwhiti	13	51	55	16	22	8	165
Taranaki	32	118	226	45	64	8	493
Waikato	133	456	545	197	185	42	1,558
Wairarapa	14	37	59	25	26	1	162
Wellington	87	278	335	135	103	29	967
Whanganui	13	57	87	38	38	8	241
Total	1,599	5,030	6,710	2,609	2,217	578	18,743

Northland disability respite market

Northland at a glance (NorthAble NASC region)

Number of people receiving DSS support in region	1,474
Number of people allocated respite in region (includes Carer Support)	875
% people allocated respite who are Māori	55%
% people with respite allocation aged 21 years or under	66%

Current respite allocations

- 79 people are allocated facility-based respite (44% are aged under 21). The total annual value of the facility-based respite allocation in Northland is approximately \$560,000.
- 24 people are currently allocated contracted in-home respite, at a total value of approx. \$320,000 per year.
- 830 people are allocated Carer Support, at a total value of around \$1.7 million per year.
- 15 people in Northland use Individualised Funding (IF) Respite at a value of \$86,000.

Current respite options available

Overnight respite options

- A dedicated five-bed facility-based respite service for children and young people aged five to 17 years (or up to 21 years on request) operates from Whangārei. This service is has around 75% occupancy.
- A new community-led service expects to open in July 2018 to provide overnight respite for infants and young children who are medically fragile or have a disability.
- There are five community residential providers in Whangārei and Dargaville who at times may have capacity to offer respite for adults with disabilities. One of these providers has a contract for respite.
- There is a holiday camp in the Far North that has experience in supporting young people with additional needs and may also be able to offer overnight respite.
- There are 12 aged care facilities across the Northland region that currently offer overnight respite for adults with disabilities.

Daytime respite options

- There are around 10 services that offer weekday activity options for adults. These include community participation programmes and business enterprises.
- There is one disability specific out-of-school care programme at Blomfield School. There are approximately 25-30 mainstream out-of-school care programmes across Northland.

- Social, recreational or sporting activities available for people with disabilities in the region include Riding for the Disabled, swimming lessons, Boccia, Parafed and Special Olympics.
- A hip hop workshop for children and young people runs from Whangārei.

Gaps in the Northland respite market

- There are few options for disability-specific social or recreational activities for children, young people or adults. Northable NASC notes that parents would like after school programmes, the option of evening or weekend activity groups for their disabled children.
- Most services are centred around Whangārei, leaving the communities further north without formal respite services.
- There is scope to increase the number of host-families available to support a disabled person for periods of respite out of their family home.
- With 55% of people with a respite allocation identifying as Māori, there is likely scope for additional kaupapa Māori respite supports.

Auckland disability respite market

Auckland at a glance (Taikura Trust region)

Number of people receiving DSS support in region	10,141
Number of people allocated respite in region (includes Carer Support)	6,725
% people allocated respite who are Māori	14%
% people with respite allocation aged 21 years or under	73%

Current respite allocations

- 485 people are allocated facility-based respite (63% are aged under 21 years). The total annual value of the facility-based respite allocation in Auckland is currently almost \$6 million per year.
- 656 people are currently allocated contracted in-home respite, at a total value of approx. \$5.7 million per year.
- 6,400 people are allocated Carer Support, at a total value of around \$14.6 million per year.
- 475 people in Auckland use IF Respite at a value of \$3.3 million.

Current respite options available

Overnight respite options

- A dedicated five-bed, facility-based respite service for infants and young children aged zero to five operates in South Auckland. This service is operates at about 30% occupancy.
- A 15-bed specialist respite centre for children and young people aged 5 to 21 who have disabilities, are medically fragile and have high support needs, operates from the North Shore. This service is has around 70% occupancy.
- There are 26 respite beds for children and young people aged 5 to 21. The beds are located in five dedicated respite houses in Pukekohe, North Shore, Mangere, Henderson and Howick. Two beds are with host-families. These beds are around 50% occupied.
- There are five dedicated respite houses/facilities for adults, two that are available for people with a physical disability, and three for people with intellectual and/or physical disabilities. These services offer 35 beds per night and average an occupancy of around 60% (range 36-90%).
- Some disability-specific community residential providers in Auckland at times may have the capacity to offer respite for adults. There are few vacancies.
- There are 13 aged care facilities in the Auckland region that currently offer overnight respite for adults with disabilities.

Daytime respite options

- There are around 50 services that offer weekday activity options for adults. These include community participation, employment related activities, day services, day trips, and art and social activity programmes.
- Disability-specific after-school care programmes are run from Pukekohe, Highland Park and Mount Wellington. There are many mainstream out-of-school care programmes.
- Disability-specific school holiday programme options include Highland Park, New Lynn, Mt Roskill, Three Kings, Pukekohe, Pakuranga, Papakura, Panmure, North Shore, Glendene and South Auckland.
- There are three organisations that offer disability-specific weekend activities, two of which also offer disability-specific holiday camps/school holiday programmes.
- There are several mainstream holiday camps that operate in the school holidays and have experience in supporting children and young people with disabilities.
- Sporting activities available for people with disabilities in the region include Riding for the Disabled, swimming lessons, gymnastics, sailing lessons, Boccia, Special Olympics, Parafed and Halberg All Sports.
- There are a number of organisations that provide music, dance, computer skills, and drama and art classes for children and/or adults with disabilities.
- Social clubs for teens and adults with disabilities operate in several locations across the region.

Gaps in the Auckland respite market

- It is likely that there is demand for additional after-school care and school holiday programmes that cater for children with disabilities.
- Disabled people and their families report significant difficulty in finding and retaining support workers who have the skills to care for their disabled family member.
- Taikura Trust staff report that disabled people and their families would like:
 - more respite options of all kinds, in locations closer to where they live
 - respite/transition services specifically for younger adults (17-35 years)
 - specialist respite services for adults who leave the Wilson Centre
 - weekday respite options for adults while their parents work
 - more choices for facility-based respite providers
 - more well-trained support workers.

Waikato disability respite market

Waikato at a glance (Disability Support Link NASC region)

Number of people receiving DSS support in region	2,905
Number of people allocated respite in region (includes Carer Support)	1,558
% people allocated respite who are Māori	30%
% people with respite allocation aged 21 years or under	73%

Current respite allocations

- 90 people are allocated facility-based respite (66% are aged 21 years or less). The total annual value of the facility-based respite allocation in Waikato is currently just over \$1 million per year.
- 89 people are currently allocated contracted in-home respite, at a total value of approx. \$700,000 per year.
- 1,500 people are allocated Carer Support, at a total value of around \$2.7 million per year.
- 15 people in Waikato use IF Respite at a value of \$59,000.

Current respite options available

Overnight respite options

- There are two dedicated facility-based respite services for children and young people in Hamilton. One five-bed service caters mostly for infants and children aged 0 to 21 with physical disabilities. This service averages 55% occupancy. The second three-bed house cares for children aged 5 to 16, particularly those with challenging behaviours. This service has around 66% occupancy.
- There are two disability-specific respite services in the region for adults. One is a four-bed house for people with physical disabilities and operates at about 50% occupancy. The other is a dedicated respite bed in an established community residential house which has around 70% occupancy.
- There are currently no aged care facilities in the Waikato region that offer overnight respite for adults with disabilities, although around four facilities are providing respite using Carer Support, presumably with a cash co-payment.

Daytime respite options

- There are around 20 services that offer weekday activity options for adults. These include community participation programmes, employment related activities, business enterprises and day services.

- There are two disability-specific school holiday programme options in the Waikato. Many mainstream school holiday programmes and some holiday camps operate, several of which have recent experience in supporting children and young people with disabilities.
- Sporting activities available for people with disabilities in the region include Riding for the Disabled, swimming lessons, sailing lessons, Boccia, Parafed, Special Olympics and Halberg All Sports.
- The region has relatively more social, recreational options available than other regions, with options including weekend day activities, overnight getaways, evening social activities, Lego clubs, and drama classes.
- There are around four organisations that provide dance, drama and art classes for children and/or adults with disabilities.
- A social club for teens with disabilities operates in several locations across the region.

Gaps in the Waikato respite market

- There are no disability-specific, facility-based respite options outside of Hamilton.

Tairawhiti disability respite market

Tairawhiti at a glance (L.I.F.E Unlimited Charitable Trust NASC region)

Number of people receiving DSS support in region	340
Number of people allocated respite in region (includes Carer Support)	165
% people allocated respite who are Māori	65%
% people with respite allocation aged 21 years or under	72%

Current respite allocations

- There are no people allocated facility-based respite in Tairawhiti. There are also no contracted aged care services for overnight respite for adults.
- 12 people are currently allocated in-home respite, at a total value of approx. \$56,000 per year.
- 163 people are allocated Carer Support, at a total value of around \$355,000 per year.
- There are no people in Tairawhiti using IF Respite.

Current respite options available

Overnight respite options

- There are no dedicated facility-based respite services for children or adults in Tairawhiti. There is a contract for host-family respite, but no people are using this service at present.
- People have used residential facilities for respite in times of need or emergency, but there are no contracted respite beds available in community residential houses.
- Some aged care facilities in the Tairawhiti region offer overnight respite for adults with disabilities.
- A holiday cottage is available for people with disabilities and their families (with own support worker if required).

Daytime respite options

- There are around three services that offer weekday activity options for adults. These include community participation programmes, vocational programmes and day services.
- There are mainstream school holiday programme options available, but no disability-specific out-of-school care options.
- Sporting options include Riding for the Disabled, swimming lessons, Special Olympics, Halberg Allsports and Parafed.

Gaps in the Tairawhiti respite market

- There are no disability-specific, facility-based respite options in Tairawhiti for children or adults.
- There are no disability-specific out-of-school care options, and no recreational or social activities designed specifically for people with disabilities.
- There is a shortage of support workers.

Bay of Plenty and Lakes disability respite market

Bay of Plenty/Lakes at a glance (Support Net Kupenga Hao Ite Ora Tauranga NASC region)

Number of people receiving DSS support in region	2,617
Number of people allocated respite in region (includes Carer Support)	1,529
% people allocated respite who are Māori	34%
% people with respite allocation aged 21 years or under	70%

Current respite allocations

- 110 people are allocated facility-based respite (57% are aged 21 years or less). The total annual value of the facility-based respite allocation in Bay of Plenty/Lakes is currently just over \$1 million per year.
- 67 people are currently allocated contracted in-home respite, at a total value of approx. \$422,000 per year.
- 1,469 people are allocated Carer Support, at a total value of around \$4.6 million per year.
- 80 people in Bay of Plenty/Lakes use IF Respite at a value of \$492,000.

Current respite options available

Overnight respite options

- There is one dedicated family-based respite service for children aged 5 to 21 in Tauranga. Infants and children aged up to five can also use the specialist respite service in Hamilton, but few do.
- There is one dedicated respite house for adults in Tauranga. The service has around 95% occupancy.
- There is one contracted aged care facility in the Bay of Plenty and Lakes regions that provide overnight respite for adults with disabilities. Some people use IF respite to purchase overnight respite at aged care facilities.

Daytime respite options

- There are around 15 services that offer weekday activity options for adults. These include community participation programmes, employment-related activities and day services.
- There is a disability-specific out-of-school care programme (before, after school and school holiday programme) operating from Taupo and another from Tauranga. Many mainstream school holiday programmes operate. There are also several holiday camps in the region.

- A few social, recreational and sporting options are available in the regions, including a Lego club for young people with autism in Rotorua, a Dungeons & Dragons club in Tauranga, and a drama club in Tauranga.
- Sporting activities available for people with disabilities in the region include Riding for the Disabled, swimming lessons, Special Olympics, Parafed and Halberg Allsports.

Gaps in the Bay of Plenty respite market

- There are no disability-specific, facility-based respite options outside of Tauranga. Long travel times are a barrier for people to access these services. Few options exist for adults with physical disabilities or very high needs.
- There are no disability-specific out-of-school care options in Rotorua.
- There are few social, recreational or sporting options for children and adults across the region.

Taranaki disability respite market

Taranaki at a glance (Access Ability Taranaki NASC region)

Number of people receiving DSS support in region	1,049
Number of people allocated respite in region (includes Carer Support)	493
% people allocated respite who are Māori	23%
% people with respite allocation aged 21 years or under	76%

Current respite allocations

- 26 people are allocated facility-based respite (73% are aged 21 years or less). The total annual value of the facility-based respite allocation in Taranaki is currently \$219,000.
- 33 people are currently allocated contracted in-home respite, at a total value of approx. \$266,000 per year.
- 480 people are allocated Carer Support, at a total value of around \$1 million per year.
- 13 people in Taranaki use IF Respite at a value of \$183,000.
- 21 people have been using other respite funding at a value of \$57,000.

Current respite options available

Overnight respite options

- There is one four-bed dedicated facility-based respite service for children aged 5 to 21 in New Plymouth. It runs at around 60% occupancy.
- There is one dedicated respite house for adults with physical disabilities in New Plymouth. It is also used by ACC clients and is very well-utilised.
- There are five contracted aged care facilities in Taranaki that people with disabilities can use for respite, however these are often unavailable.

Daytime respite options

- There are around eight services that offer weekday activity options for adults. These include community participation programmes, employment-related activities and day services.
- There are currently no disability-specific out-of-school care programmes. There are a number of mainstream out-of-school care programmes.
- Sporting options include Riding for the Disabled, Boccia, Halberg Allsports, Special Olympics, and Parafed.
- A Lego programme operates for children with autism.

- There are three regular social/recreations groups that operate for young adults. We have been unable to identify if any social or recreational options are available in the region for children or older adults.

Gaps in the Taranaki respite market

- Demand currently exceeds supply for facility-based respite for adults. Scope exists to develop disability-accessible out-of-school care options, and social, recreational options for children and adults across the region.

Whanganui disability respite market

Whanganui at a glance (Access Ability NASC region)

Number of people receiving DSS support in region	515
Number of people allocated respite in region (includes Carer Support)	241
% people allocated respite who are Māori	26%
% people with respite allocation aged 21 years or under	65%

Current respite allocations

- 17 people are allocated facility-based respite (12% are aged 21 years or less). The total annual value of the facility-based respite allocation in Whanganui region is currently \$111,000.
- 26 people are currently allocated contracted in-home respite, at a total value of approx. \$138,000 per year.
- 231 people are allocated Carer Support, at a total value of around \$680,000 per year.
- Eight people in Whanganui use IF Respite at a value of \$64,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite service for children aged 5 to 21 in Palmerston North. Two families from the Whanganui region are currently choosing to travel the approx. one-hour drive to access this service. This service is currently rebuilding its client base after a change in provider.
- There is one dedicated respite house for adults with physical disabilities in Whanganui.
- There is one facility that adults could access for respite if they have a co-existing mental health condition.
- There is one community residential provider that may offer respite if the person with a disability is looking to transition to this service in the long-term.
- There are seven aged care facilities in the Whanganui region that people with disabilities can use for respite.

Daytime respite options

- There are around three services that offer weekday activity options for adults. These include community participation programmes, business enterprise and day services.

- There is a disability-specific school holiday programme that operates for one day per school holidays. There is an after school computer club for young people with disabilities. Mainstream out-of-school care programmes operate.
- Sporting options include Riding for the Disabled, swimming lessons, Boccia, Halberg Allsports and Special Olympics.
- Social and recreational activities within the region include a Lego programme for children with autism, a youth group, a monthly disco, social networking groups, and an art studio for artists with disabilities.

Gaps in the Whanganui respite market

- Scope exists to develop disability-accessible out-of-school care options.
- Consideration could be given to the need for respite options for adults with intellectual disabilities.

Mid-Central disability respite market

Mid-Central at a glance (Enable New Zealand NASC region)

Number of people receiving DSS support in region	1,569
Number of people allocated respite in region (includes Carer Support)	674
% people allocated respite who are Māori	23%
% people with respite allocation aged 21 years or under	64%

Note: The Mid-Central region will start disability system transformation from October 2018.

Current respite allocations

- 36 people are allocated facility-based respite (25% are aged 21 years or less). The total annual value of the facility-based respite allocation in Mid-Central region is currently \$225,000.
- 66 people are currently allocated contracted in-home respite, at a total value of approx. \$452,000 per year.
- 640 people are allocated Carer Support, at a total value of around \$1.6 million per year.
- 71 people in Mid-Central use IF Respite at a value of \$630,000.
- 10 people have been using other respite funding at a value of \$25,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite service for children aged 5 to 21 in Palmerston North. This service is also used by children and young people with disabilities from Whanganui and on referral from the Ministry for Children, Oranga Tamariki. This service is currently rebuilding its client base after transitioning to a new provider.
- There are no dedicated respite houses for adults in Mid-Central. A few community residential providers may offer respite for adults.
- There are 19 contracted aged care facilities who can support adults with disabilities for respite. There are 15 adults with disabilities aged between 24 and 63 years who are allocated aged care facilities for respite.

Daytime respite options

- There are around eight services that offer weekday activity options for adults. These include community participation programmes, employment related activities and day services.

- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate, including two that we are aware of that have recent experience in supporting children with disabilities.
- Sporting options include Riding for the Disabled, Boccia, Halberg Allsports, Special Olympics and Parafed.
- There is one art programme that operates on a Tuesday morning for adults.
- A Lego programme operates for children with autism.
- We have been unable to identify if any other social or recreational options are available in the region for children or adults.

Gaps in the Mid-Central respite market

- Scope exists to develop disability-accessible out-of-school care options, and social, recreational or sporting options for children and adults across the region.
- Consideration could be given to the need for disability-specific, facility-based respite options for adults that are age appropriate.

Hawke's Bay disability respite market

Hawke's Bay at a glance (Options NASC region)

Number of people receiving DSS support in region	1,213
Number of people allocated respite in region (includes Carer Support)	505
% people allocated respite who are Māori	35%
% people with respite allocation aged 21 years or under	76%

Current respite allocations

- 48 people are allocated facility-based respite (83% are aged 21 years or less). The total annual value of the facility-based respite allocation in the Hawke's Bay region is currently \$292,000.
- 14 people are currently allocated contracted in-home respite, at a total value of approx. \$43,000 per year.
- 478 people are allocated Carer Support, at a total value of around \$1.1 million per year.
- 3 people in the Hawke's Bay use IF Respite at a value of \$10,000.
- 13 people have been using other respite funding at a value of \$36,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite service for children aged 5 to 21 in Clive (between Hastings and Napier). This service supports about 40 families.
- There are no dedicated respite houses for adults in the Hawke's Bay.
- There are four aged care facilities who can support adults with disabilities for respite. Eight adults with disabilities aged between 24 and 63 years are allocated aged care facilities for respite.

Daytime respite options

- There are around 10 services that offer weekday activity options for adults. These include community participation programmes and day services.
- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate, including two that we are aware of that have experience in supporting children with disabilities. There is one holiday camp that has experience in supporting children with disabilities.

- Sporting options include Riding for the Disabled, sailing lessons and Halberg Allsports, and Special Olympics.
- We have been unable to identify any other social or recreational options available in the region for children or adults.

Gaps in the Hawke's Bay respite market

- Scope exists to develop disability-accessible out-of-school care options, and social, recreational options for children and adults across the region.
- Consideration should be given to the need for disability-specific, facility-based respite options for adults that are age appropriate.

Wairarapa disability respite market

Wairarapa at a glance (Focus NASC region)

Number of people receiving DSS support in region	349
Number of people allocated respite in region (includes Carer Support)	162
% people allocated respite who are Māori	25%
% people with respite allocation aged 21 years or under	68%

Current respite allocations

- 48 people are allocated facility-based respite (45% are aged 21 years or less). The total annual value of the facility-based respite allocation in the Wairarapa region is currently \$169,000.
- Three people are currently allocated contracted in-home respite, at a total value of approx. \$26,000 per year.
- 143 people are allocated Carer Support, at a total value of around \$410,000 per year.
- Six people in the Wairarapa region use IF Respite at a value of \$48,000.
- Eight people have been using other respite funding at a value of \$36,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite service for children aged and young adults aged 5 to 21 in Masterton. This service is also used by children and young people with disabilities on referral from the Ministry for Children, Oranga Tamariki. This service is currently rebuilding its client base after a change in provider.
- There are no dedicated respite houses for adults in the Wairarapa, but there is a dedicated respite bed available in a community residential house for people with physical disabilities. This bed has around 30% occupancy.
- There are three aged care facilities who support adults with disabilities for respite.

Daytime respite options

- There are around three services that offer weekday activity options for adults. These include community participation programmes and day services.
- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate, including one that we are aware of that has experience in supporting children with disabilities.

- There is one holiday camp that has experience in supporting children with disabilities.
- Sporting options include Riding for the Disabled, Boccia, Halberg Allsports, and Special Olympics.
- We have been unable to identify any other social or recreational options available in the region for children or adults.

Gaps in the Wairarapa respite market

- There is unlikely to be the population-base to support additional facility-based respite in the region. Consideration could be given to age appropriate respite options for adults.
- Scope exists to develop disability-accessible out-of-school care options, and social, recreational or sporting options for children and adults across the region. This includes ensuring that there are inclusive and accessible mainstream options available for people with disabilities.

Hutt Valley disability respite market

Hutt Valley at a glance (L.I.F.E Unlimited NASC region)

Number of people receiving DSS support in region	1,154
Number of people allocated respite in region (includes Carer Support)	592
% people allocated respite who are Māori	17%
% people with respite allocation aged 21 years or under	68%

Current respite allocations

- 79 people are allocated facility-based respite (71% are aged 21 years or less). The total annual value of the facility-based respite allocation in the Hutt is currently \$711,000.
- 100 people are currently allocated contracted in-home respite, at a total value of approx. \$660,000 per year.
- 532 people are allocated Carer Support, at a total value of around \$1.5 million per year.
- 19 people in the Hutt region use IF Respite at a value of \$127,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite services for children and young adults aged 5 to 21 in Lower Hutt. This services is rebuilding its client base after transferring to a new provider. A host-family respite option also operates in Lower Hutt.
- A private family-based respite option for children and young people is funded by Carer Support and community grants.
- There is one disability-specific overnight respite option for adults with physical disabilities in Lower Hutt. This service has around 80% occupancy. People may also access respite services suitable for adults with physical disabilities in the Wairarapa (Greytown) and in Wellington (Karori).
- Several respite beds may be available in a range of community residential houses in the Hutt Valley.
- There are around five contracted aged care facilities who can support adults with disabilities for respite.

Daytime respite options

- There are around six services that offer weekday activity options for adults. These include community participation programmes, employment-related programmes and day services.
- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate.
- Sporting options include Riding for the Disabled, a swim school that caters for children with special needs, Parafed, Halberg Allsports and Special Olympics.
- Two organisations offer drama classes/productions for people with disabilities in Wellington. A social group for adults runs events throughout the year. We have been unable to identify any other social or recreational options available in the region for children or adults.

Gaps in the Hutt Valley respite market

- Consideration of additional facility-based respite options would need to consider demand across the entire Hutt/Wellington/Kāpiti region. There may be scope for disability-specific respite services for adults with intellectual disability.
- Scope exists to develop disability-accessible out-of-school care options, and social, recreational or sporting options for children and adults across the region.
- There is unmet demand for community participation/ daytime activities for adults.

Wellington/Kāpiti disability respite market

Wellington region at a glance (Capital Support NASC region)

Number of people receiving DSS support in region	1,568
Number of people allocated respite in region (includes Carer Support)	967
% people allocated respite who are Māori	14%
% people with respite allocation aged 21 years or under	72%

Current respite allocations

- 81 people are allocated facility-based respite (52% are aged 21 years or less). The total annual value of the facility-based respite allocation in the Wellington region is currently \$745,000.
- 132 people are allocated contracted in-home respite, at a total value of approx. \$1.1 million per year.
- 844 people are allocated Carer Support, at a total value of around \$2.2 million per year.
- 101 people in the Wellington region use IF Respite at a value of \$766,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite service for children aged and young adults aged 5 to 21 in Porirua. This service is building its client base after transferring to a new provider. Families can also use the overnight respite services available for children and young adults in Lower Hutt.
- There are three respite facilities for adults with physical disabilities Karori, Porirua and Lower Hutt.
- There are nine contracted aged care facilities who can support adults with disabilities for respite across Wellington.

Daytime respite options

- There are around 18 services that offer weekday activity options for adults. These include community participation programmes, employment-related activities and day services.
- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate, including two that we are aware of that have experience in supporting children with disabilities.

- Sporting options include Riding for the Disabled, Boccia, Halberg Allsports, Parafed and Special Olympics.
- Two organisations offer drama classes/productions for people with disabilities in Wellington. There is a social club for blind adults. We have been unable to identify any other social or recreational options available in the region for children or adults.

Gaps in the Wellington/Kāpiti respite market

- There are no dedicated facility-based respite services for adults with intellectual disabilities or autism.
- There are no age appropriate facilities in the Kāpiti Coast.
- Scope exists to develop disability-accessible out-of-school care options, and social, recreational or sporting options for children and adults across the region.

Nelson Marlborough disability respite market

Nelson Marlborough region at a glance (Support Works NASC region)

Number of people receiving DSS support in region	1,312
Number of people allocated respite in region (includes Carer Support)	551
% people allocated respite who are Māori	15%
% people with respite allocation aged 21 years or under	67%

Current respite allocations

- 39 people are allocated facility-based respite (36% are aged 21 years or less). The total annual value of the facility-based respite allocation in the Nelson Marlborough region is currently \$300,000.
- 81 people are currently allocated contracted in-home respite, at a total value of approx. \$427,000 per year.
- 509 people are allocated Carer Support, at a total value of around \$1.4 million per year.
- 15 people in the Nelson Marlborough region use IF Respite at a value of \$86,000.
- Four people have been using other respite funding at a value of \$34,000.
- Nelson Marlborough has been trialling Flexible Respite which includes out of home, in home and social activity options. Allocations are currently valued at \$348,000 and 37 people are supported in this way.

Current respite options available

Overnight respite options

- There is one dedicated four-bed, facility-based respite service for children and young adults aged 5 to 21 in Nelson. This service is rebuilding its client base since changing provider.
- Limited overnight respite is sometimes available with a small private organisation.
- There are no dedicated respite services for adults in the region.
- There are 12 aged care facilities who can support adults with disabilities for respite across Nelson Marlborough. There are nine adults aged 32 to 64 who are allocated respite in aged care facilities.

Daytime respite options

- There are around six services that offer weekday activity options for adults. These include community participation programmes, employment-related activities and day services.

- There are currently no disability-specific out-of-school care programmes. Mainstream out-of-school care programmes operate, including two in Richmond, that we are aware of, that have experience in supporting children with disabilities.
- There are several mainstream holiday camps that operate in the school holidays and have recent experience in supporting children and young people with disabilities.
- Sporting options include Riding for the Disabled, Halberg Allsports, Parafed and Special Olympics.
- There is a social group for teens and young adults with autism in Nelson.
- We have been unable to identify any other social or recreational options available in the region for children or adults.

Gaps in the Nelson Marlborough respite market

- There are no dedicated overnight respite services for children or adults outside of Nelson (includes Marlborough, Tasman and Golden Bay).
- Scope exists to develop weekday activities for adults, disability-accessible out-of-school care options, and social, recreational or sporting options for children and adults across the region.

Canterbury, South Canterbury and West Coast disability respite market

Canterbury, South Canterbury, West Coast region at a glance (Life Links NASC region)

Number of people receiving DSS support in region	4,794
Number of people allocated respite in region (includes Carer Support)	2,572
% people allocated respite who are Māori	14%
% people with respite allocation aged 21 years or under	69%

Current respite allocations

- 123 people are allocated facility-based respite (32% are aged 21 years or less). The annual value of the facility-based respite allocation in the region is currently \$1.9 million.
- 149 people are allocated in-home respite, at a total value of approx. \$1 million.
- 2,472 people are allocated Carer Support, at a total value of around \$6.9 million per year.
- 302 people in the region use IF Respite at a value of \$2.8 million.

Current respite options available

Overnight respite options

- A dedicated five-bed, facility-based respite service for children operates in Christchurch. This facility also has seven dedicated respite beds for adults. Occupancy is around 90%.
- A dedicated three-bed respite house for children and young people currently operates in school holidays and weekends in Christchurch. This service has recently changed provider.
- Limited overnight respite is sometimes available with two small private organisations.
- There are three overnight respite options in Christchurch for adults with physical disabilities or neurological conditions.
- Eight community residential providers in Christchurch and one in the West Coast offer a respite bed in established community homes for people with intellectual disabilities. Availability of these beds depends on vacancies in the homes.
- There is a holiday home on the West Coast where people can take a break with a support person.
- There are 30 contracted aged care facilities that can support adults with disabilities for respite across the region. Aged care facilities are the only overnight respite options for

people in South Canterbury. There are 40 adults aged 32 to 64 years allocated aged care facilities for respite.

Daytime respite options

- There are around 32 services that offer weekday activity options for adults. These include community participation programmes, employment-related activities, business enterprises and day services.
- There is one disability-specific out-of-school care programme in Kaiapoi. Many mainstream out-of-school care programmes operate, including five in Christchurch, that we are aware of, that have recent experience in supporting children with disabilities.
- There are a number of sporting, social and recreational options available in Canterbury. These include day trips, tours and holidays for adults. A range of organisations run social, recreational and sporting options including daytime and evening activities, outdoor education, and dance and performance options.
- Sporting options include Riding for the Disabled, swimming lessons, Boccia, Halberg Allsports, Parafed and Special Olympics.

Gaps in the Canterbury, South Canterbury, West Coast respite market

- There are few respite options of all kinds for children and adults in the West Coast and South Canterbury.
- Consideration could be given to additional facility-based respite for children and adults with intellectual disabilities in Canterbury.
- There is a shortage of support workers in the West Coast and South Canterbury.

Southern disability respite market

Southern region at a glance (Access Ability Otago NASC region)

Number of people receiving DSS support in region	2,665
Number of people allocated respite in region (includes Carer Support)	1,134
% people allocated respite who are Māori	12%
% people with respite allocation aged 21 years or under	70%

Current respite allocations

- 51 people are allocated facility-based respite. At the time of writing, all are adults. The annual value of the facility-based respite allocation in the region is currently \$319,000.
- 92 people are currently allocated contracted in-home respite, at a total value of approx. \$428,000.
- 1,075 people are allocated Carer Support, at a total value of around \$2.4 million per year.
- 23 people in the region use IF Respite at a value of \$109,000.

Current respite options available

Overnight respite options

- There is one dedicated facility-based respite services for children in Dunedin. This service is rebuilding its client base since changing provider.
- A house in Dunedin is available to use for overnight respite with their own support person. This is funded through Carer Support and IF.
- Several options for overnight respite for adults in community residential facilities are available in Dunedin, Alexandra and Invercargill.
- There are eight contracted aged care facilities who can support adults with disabilities for respite across the region (Dunedin, Mosgeil, Invercargill and Gore).

Daytime respite options

- There are around 10 services that offer weekday activity options for adults. These include community participation programmes, employment-related activities and day services.
- There is one disability-specific out-of-school care programme in Dunedin which is funded through IF. Many mainstream out-of-school care programmes operate, including three that we are aware of, that have recent experience in supporting children with disabilities.
- There are several mainstream holiday camps that operate in the school holidays and have recent experience in supporting children and young people with disabilities.

- One organisation runs tours and holidays for adults.
- Sporting options include Riding for the Disabled, gymnastics, swimming lessons, Boccia, Halberg Allsports, Parafed and Special Olympics.

Gaps in the Southern respite market

- There are limited age appropriate facility-based respite options for children and adults.
- There are few social and recreational options available in the Southern region for children and adults with disabilities.

Appendix 1: Preference for respite options by age of disabled person

Respite option	Percentage, by age group																	
	0-5			6-11			12-21			22-35			36-65			65+		
	No, thanks	That could be ok	Sounds great	No, thanks	That could be ok	Sounds great	No, thanks	That could be ok	Sounds great	No, thanks	That could be ok	Sounds great.	No, thanks	That could be ok	Sounds great	No, thanks	That could be ok	Sounds great
Day trips - support workers assist a group to go to the zoo or beach etc	30%	38%	35%	13%	35%	52%	16%	30%	54%	26%	31%	43%	43%	32%	25%	45%	27%	28%
Group activities - support workers assist groups of disabled people in activities at a fixed location	33%	43%	28%	16%	38%	46%	20%	33%	46%	24%	29%	48%	49%	30%	21%	35%	37%	28%
School holiday programmes	18%	22%	62%	5%	17%	77%	16%	23%	61%	51%	20%	30%	75%	14%	11%	88%	2%	10%
Holiday camps	30%	32%	32%	15%	33%	52%	22%	26%	52%	35%	25%	40%	69%	16%	15%	91%	0%	9%
Overnight stays in a house only used for respite	40%	32%	30%	35%	22%	43%	30%	24%	47%	23%	27%	50%	41%	31%	28%	38%	29%	33%
Overnight stays in a rest home (aged care facility)	84%	5%	6%	89%	6%	5%	89%	7%	4%	84%	7%	9%	76%	21%	3%	33%	36%	31%
Overnight stays in a group home where three or more people live permanently	83%	15%	2%	73%	17%	9%	53%	31%	16%	41%	35%	23%	72%	22%	6%	82%	12%	6%
A support worker assists the disabled person in their home (includes overnight while main carers are away)	18%	30%	55%	22%	37%	40%	25%	35%	40%	30%	30%	40%	18%	32%	49%	20%	36%	43%
A support worker takes the disabled person out for the day/half day	33%	32%	32%	30%	35%	34%	26%	30%	44%	22%	32%	46%	27%	41%	32%	46%	21%	32%
Overnight stay in another family home (foster or shared care)	59%	28%	13%	56%	22%	23%	50%	28%	22%	39%	35%	26%	71%	23%	6%	79%	6%	15%
Evenings out for the disabled person (eg, seeing a movie or having dinner)	43%	33%	26%	28%	39%	33%	17%	32%	51%	17%	30%	53%	36%	31%	33%	58%	19%	23%