

Auckland region disability respite options

About respite

'Respite' is taking a break for a few hours, a day, overnight or longer, from your caring responsibilities. It can feel hard to take a break from caring, but taking time out for you can help you feel rested and re-energised.

A 'respite option' is any support or service that gives you a break from caring. This can be a break away or a break in your home.

This brochure includes information on some of the services available in your region that could help you take a break. You can choose the respite options that best suit you and your family. As well as the services listed here, you also have the choice to ask friends or family for help or use other supports or services.

A Needs Assessment and Coordination Service or NASC can help you get funding for respite and find respite options that will work best for you.

NASC: Taikura Trust

Building 1, Level 1, 570 Mt Wellington Highway, Mt Wellington 1062

Tel: (09) 278 6314 or 0800 TAIKURA (824 587)

Email: referrals@taikura.org.nz

Website: www.taikura.org.nz

Overnight respite

Aged residential care

Overnight respite for adults with disabilities may be available in an aged residential care facility. Please contact your NASC for more information.

Contact details

Please contact your NASC for more information.

Ashley Cottage

Ashley Cottage provides respite care for people aged 16 years and over with a physical and intellectual disability in a cottage fully serviced with attendant care.

Contact details

321 Tawa Road Kumeu West Auckland 0891

Email: ashleycottage@xtra.co.nz

Community residential houses

Overnight respite for adults with disabilities may be available in an established home for adults with disabilities.

Contact details

Please contact your NASC for more information.

Eastgate Community Trust

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC to for more information.

His House

Family-based overnight and day respite options. His House also has cottages that can be used for more able-bodied people or for family members needing a break.

Contact details

Website: www.hishouse.co.nz

Laura Ferguson

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Matea Trust

Overnight respite for adult men with intellectual disability.

Contact details

Please contact your NASC for more information.

NZCare Disability

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Open Home Foundation

Overnight respite for children and young people with host families.

Contact details

Please contact your NASC to find out more.

Spectrum Care

Overnight respite for children and young people in dedicated respite houses in the Auckland region.

Contact details

Please contact your NASC to find out more.

Te Roopu Taurima

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Wilson Home

Overnight respite for children and young people with profound or multiple disabilities.

Contact details

Please contact your NASC to find out more.

Weekday activities

Abilities Group

Abilities Group supplies a contract labour force to manufacturers, distributors, importers, retailers and many other commercial sectors. It is also involved in many recycling activities.

Contact details

Tel: (09) 444 0611

Website: www.abilities.co.nz

Agape Care

Weekday activities for adults.

Contact details

Website: www.agapecare.org.nz

Aged care day care programmes

Some aged care providers run daytime activity programmes that are suitable for adults with disabilities.

Contact details

Website: www.agedcarehub.nz/directory/activities-programmes/day-care-programmes