

Bay of Plenty and Lakes 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 your 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: Support Net

510 Cameron Rd, Tauranga 3110

Tel: (07) 571 0093

Email: SupportNetBOP@bopdhb.govt.nz

Website: www.bopdhb.govt.nz/services/support-net

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.

CCS Disability Action (Te Whare Poi Poi)

Overnight respite for children and young people in a dedicated respite house in Hamilton.

Contact details

Please contact your NASC to find out more.

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 to find out more.

Open Home Foundation

Overnight respite for children and young people with host families.

Contact details

Please ask your NASC for more information.

Spectrum Care

Overnight respite for adults with disabilities.

Contact details

Please ask your NASC for more information.

Te Punanga O Te Rangimarie

Accessible respite accommodation in a rural setting north of Paeroa.

Contact details

742a Maratoto Road, Hikutaia, Paeroa

Email: info@tepunanga.org.nz

Website: www.tepunanga.org.nz

Titoki Christian Healing Centre

Open Monday to Friday for adult respite (with your own support) or a relaxing retreat for carers. Located ten minutes from Whakatane.

Contact details

Tel: (07) 308 6503

Email: info@titoki.org.nz

Website: www.titoki.org.nz

Weekday activities

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

Arohanui Arts and Education Trust

Arohanui is a Tauranga-based service provider offering community participation and meaningful day activities for people aged 16 years and over with a disability.

Contact details

Website: www.arohanuitrust.co.nz/index.htm

Avalon Aotearoa Charitable Trust

Avalon works alongside people to enhance their knowledge, skills and abilities.

Contact details

Avalon Charitable Trust, 102 Eleventh Avenue, Tauranga Central 3110

Tel: (07) 579 0585

Website: www.avalon.org.nz

Emerge Aotearoa

Emerge Aotearoa provides a wide range of community-based services, including day activities, employment support, flexible disability support and respite support.

Contact details

Website: <https://emergeaotearoa.org.nz>

Pou Whakaaro

Activities for adults with disabilities in Whakatane and Kawerau.

Contact details

Whakatane Office, 40 Te Tahi Street, Whakatane 3120

Tel: (07) 308 8170

Kawerau Office, 1E Tamarangi Drive, Kawerau 3127

Tel: (07) 323 8170

Website: www.pouwhakaaro.co.nz