

# Canterbury, South Canterbury and West Coast region disability respite options

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## 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 for 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: Life Links**

42 Buchan Street, Sydenham, Christchurch 8023

**Tel:** 0800 866 877 or (03) 365 9593

**Email:** [office@lifelinks.co.nz](mailto:office@lifelinks.co.nz)

**Website:** [www.lifelinks.co.nz](http://www.lifelinks.co.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.

## Brackenridge Estate Limited

Overnight respite for people of all ages. Also offers flexible disability support options for respite during the day and school holiday programmes.

### Contact details

Private Bag 4738, Christchurch 8024

Tel: (03) 926 1999

Website: [www.brackenridge.org.nz](http://www.brackenridge.org.nz)

## CCS Disability Action Holiday home

Holiday home available for use in Greymouth. Can be used by individuals or a group sharing a carer.

### Contact details

Website: [www.ccsdisabilityaction.org.nz/services-and-advocacy/holiday-homes/west-coast](http://www.ccsdisabilityaction.org.nz/services-and-advocacy/holiday-homes/west-coast)

## Cholmondeley

Provides short-term emergency and planned respite care to children (aged 3–12 years) in times of family stress or crisis.

### Contact details

Website: [www.cholmondeley.org.nz](http://www.cholmondeley.org.nz)

## Claddagh Haven Trust

Overnight respite for adults. Can be accessed using Individualised Funding or Carer Support/ I Choose.

### Contact details

PO Box 69-126, Lincoln, Christchurch 7640

Tel: (03) 349 5848

Email: [maryann.claddagh1@xtra.co.nz](mailto:maryann.claddagh1@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 to find out more.

## Hawksbury Community Living Trust

A flexible disability support provider. Also offers weekday activities for adults.

### Contact details

Unit 2, 41 Sir William Pickering Drive, Harewood, Christchurch 8545

Website: [www.hawksbury.co.nz](http://www.hawksbury.co.nz)

## **Henderson Homes**

Overnight respite for adults.

### **Contact details**

Please contact your NASC to find out more.

## **Hohepa Canterbury**

Overnight respite for adults. Can be accessed using Individualised Funding or Carer Support. Community participation programmes are also available.

### **Contact details**

23 Barrington Street, Beckenham, Christchurch 8024

**Tel:** (03) 332 3179

**Email:** [canty@canty.hohepa.org.nz](mailto:canty@canty.hohepa.org.nz)

## **Independence House**

Overnight respite for adults with physical disability. Can be accessed using Individualised Funding or Carer Support.

### **Contact details**

14 Bristol Street, Christchurch 8014

**Tel:** (03) 355 9462

**Email:** [angela@independencehouse.org.nz](mailto:angela@independencehouse.org.nz)

**Website:** [www.independencehouse.org.nz](http://www.independencehouse.org.nz)

## **Laura Ferguson Trust**

Overnight respite for adults with physical disability.

### **Contact details**

Please contact your NASC to find out more.

## **Marrolomeda Charitable Trust**

Overnight respite for adults may be available using Carer Support/I Choose.

### **Contact details**

**Website:** [www.marralomeda.org.nz](http://www.marralomeda.org.nz)

## **NZCare Disability**

Overnight respite for children and adults at various locations in Canterbury.

### **Contact details**

Please contact your NASC to find out more.