

# Hawke's Bay 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 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: NASC Hawke's Bay**

Gate 9, McLeod Street, Hastings 4120

Tel: (06) 870 7485

Email: [nasc.hb@hawkesbaydhb.govt.nz](mailto:nasc.hb@hawkesbaydhb.govt.nz)

Website: [www.ourhealthhb.nz/health-services/ages-and-stages-in-health/disability-support-nasc-hawkes-bay-needs-assessment-service-coordination/](http://www.ourhealthhb.nz/health-services/ages-and-stages-in-health/disability-support-nasc-hawkes-bay-needs-assessment-service-coordination/)

## 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.

## 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

Contact your NASC to find out more.

## 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](http://www.agedcarehub.nz/directory/activities-programmes/day-care-programmes)

## Hohepa Hawke's Bay

Community participation programme and employment opportunities.

### Contact details

Main Road, Clive, Hawke's Bay 4102

### Contact details

**Tel:** (06) 870 0426

**Email:** [office.clive@hohepa.com](mailto:office.clive@hohepa.com)

**Website:** [www.hohepahawkesbay.com](http://www.hohepahawkesbay.com)

## IDEA Services

Weekday activities for adults.

### Contact details

**Tel:** (06) 872 7881

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

## Mosaic

A wide range of activities and programmes for adults.

### Contact details

429a Gloucester Steet, Taradale

**Tel:** (06) 844 4636

**Email:** [mosaic@psec.org.nz](mailto:mosaic@psec.org.nz)

**Website:** [www.psec.org.nz/learnmore/mosaic.com](http://www.psec.org.nz/learnmore/mosaic.com)

## Paul Hunter Centre

Weekday activities for adults.

### Contact details

River Terrace, PO Box 295, Waipukurau, Central Hawke's Bay

Tel: (06) 858 8912 or 021 169 6889

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

## Scopze Day Services

Weekday activities for adults.

### Contact details

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

# Out-of-school care and early childhood education

## Before and after school care, school holiday programmes

A number of organisations provide out-of-school care, which includes before and after school and during the school holidays. Some mainstream services will have experience and skills in supporting children with disabilities.

### Contact details

Website: [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)

## In-home childcare and early childhood education

Early childhood education (ECE) provides education and care for children before they go to primary school. There are many different types of early childhood education providers, including daycare centres, kindergartens, home-based childcare, kōhanga reo nannies, playcentre and play groups. Find all types of early childhood education in your community from the website below.

### Contact details

Website: [www.educationcounts.govt.nz/find-an-els](http://www.educationcounts.govt.nz/find-an-els)

# Sporting, social and recreational activities

## Boccia New Zealand

Boccia New Zealand promotes and supports the sport of boccia among all people with a physical disability throughout New Zealand.

### Contact details

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

## Halberg AllSports

The Halberg Disability Sport Foundation was founded by Olympic champion Sir Murray Halberg in 1963 to enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.

### Contact details

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

## New Zealand Riding for the Disabled

New Zealand Riding for the Disabled (NZRDA) provides opportunities for anyone with a disability to enjoy safe, stimulating and therapeutic horse riding and horse-related activities.

### Contact details

**Tel:** (04) 234 6090

**Email:** [admin@rda.org.nz](mailto:admin@rda.org.nz)

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

## Sailability

Learn to sail classes.

### Contact details

**Website:** [www.yachtingnz.org.nz/recreational/sailors-with-a-disability](http://www.yachtingnz.org.nz/recreational/sailors-with-a-disability)

## Special Olympics

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

### Contact details

**Tel:** (04) 560 0360

**Email:** [info@specialolympics.org.nz](mailto:info@specialolympics.org.nz)

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

## Relief carers, support workers, natural supports

### Care on Call

Care on Call works with families to design in home support care that is right for each family. Care on Call has home care help covering the entire Hawke's Bay. They coordinate home care help services through their local office.

### Contact details

178 Hyderabad Road, Ahuriri, Napier 4110

**Tel:** 0800 744 753, (06) 835 0767

**Email:** [hawkesbay@careoncall.co.nz](mailto:hawkesbay@careoncall.co.nz)

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

## Family Whānau Support

A support worker 'buddy' who offers regular respite hours, either at home or in the community.

### Contact details

Please contact your NASC for more information.

## Geneva Healthcare

Geneva Healthcare can provide flexible options for support.

### Contact details

**Tel:** 0800 Geneva (0800 436 382)

**Email:** info@genevahealth.com

## Manawanui e-Mploy Recruitment

An online platform where you can advertise for permanent, part-time, contract or temporary staff or find employees online. Payroll services are also offered.

### Contact details

**Tel:** 0508 462 427

**Email:** info@incharge.org.nz

**Website:** <http://manawanui.org.nz/services/e-mploy>

## MyCare

An online platform where the people willing to help can meet the people needing help. Find and employ support workers and volunteers on a secure website.

### Contact details

**Tel:** 0800 677 700

**Email:** hello@mycare.co.nz

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

## Neighbourly

An online community to help you connect with people in your community who would like to offer support or care.

### Contact details

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

## NZCare Disability

NZCare's respite services support you to take a supported break away from your usual environment.

### Contact details

Level 1, 60 Hugo Johnston Drive, Penrose, Auckland 1149

**Tel:** (09) 526 3570 or 0800 300 114

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

## **Rockmybaby**

Rockmybaby® offer childcare recruitment services.

### **Contact details**

**Tel:** 0800 762 569

**Email:** [info@rockmybaby.co.nz](mailto:info@rockmybaby.co.nz)

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

## **Teacher aides**

Ask local schools if you're able to advertise to their teacher aide staff for support during the school holidays or for an evening out.

## **TimeBank Aotearoa New Zealand**

TimeBanking creates circles of giving. It facilitates the sharing of skills between its members. TimeBanking builds on the magic of pay it forward.

### **Contact details**

**Website:** <http://timebanks.nz>

## **Ministry of Health**

### **Disability Support Services**

If you have any questions or would like to have your respite option added to this information sheet, please contact us.

**Email:** [respitestrategy@moh.govt.nz](mailto:respitestrategy@moh.govt.nz)