

# MidCentral 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 connector or a disability information specialist can talk to you about options for taking a break.

### Mana Whaikaha

Tel: 0800 626 255

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

Website: [www.manawhaikaha.co.nz](http://www.manawhaikaha.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.

### Community residential houses

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

#### Contact details

Please contact Mana Whaikaha to find out more.

## NZCare Disability

Overnight respite for children and young adults in Palmerston North.

### Contact details

Please contact Mana Whaikaha for more information.

## Weekday activities

### Agape Fellowship Charitable Trust

A Community organisation for people with disabilities, both physical and mental, that is dedicated to enhancing the quality of life for its members by creating an environment in which they can achieve or regain the confidence and skills necessary to lead productive and socially satisfying lives.

### Contact details

264 Broadway Avenue, Palmerston North

Tel: (06) 359 0729

### 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)

### CCS Disability Action

Works with disabled people aged between 16 and 65, who are looking to build their community connections or move into employment.

### Contact details

248 Broadway Avenue, Palmerston North 4414

Tel: (06) 357 2119 or 0800 227 2255

**Email:** [Manawatu@ccsDisabilityAction.org.nz](mailto:Manawatu@ccsDisabilityAction.org.nz)

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

### Creative Journeys

Art and community participation for adults.

### Contact details

52 The Square, Palmerston North 4410

Tel: (06) 355 5947

**Website:** [www.thesquare.co.nz/palmerstonnorth/events/Event.aspx?fcid=405131](http://www.thesquare.co.nz/palmerstonnorth/events/Event.aspx?fcid=405131)

## IDEA Services

Weekday activities for adults in Palmerson North, Feilding and Marton.

### Contact details

Tel: (06) 350 9372

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

## MASH Trust – Living Plus

Weekday activities for adults in Palmerson North and Levin.

### Contact details

Tel: 027 258 9428

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

# 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

## Autism NZ Lego® programme

A social, Lego®-based programme for children and young people with autism.

### Contact details

Autism New Zealand Manawatu Branch, 248 Broadway Ave, Palmerston North 4414

Tel: (06) 357 7846

Email: [manawatu@autismnz.org.nz](mailto:manawatu@autismnz.org.nz)