

# Nelson Marlborough 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 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 Works**

281 Queens Street, Richmond

Tel: 0800 244 300

Email: [support.works@nmdhb.govt.nz](mailto:support.works@nmdhb.govt.nz)

Website: [www.nmdhb.govt.nz/hospitals-and-community-services/support-services/about-support-works](http://www.nmdhb.govt.nz/hospitals-and-community-services/support-services/about-support-works)

## 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.

## Children's respite service

Overnight respite for children and young people.

### 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.

## Joya Centre

Overnight respite for children may be available.

### Contact details

**Website:** [www.joyacentre.co.nz](http://www.joyacentre.co.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](http://www.agedcarehub.nz/directory/activities-programmes/day-care-programmes)

### CCS Disability Action

Works with disabled people aged between 16 and 65 years, who are not currently in school and are looking to build their community connections or move into employment.

### Contact details

9 Sinclair Street (opposite Blenheim Railway Station), Blenheim 7201

**Tel:** (03) 578 1170

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

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

### IDEA Services Day Programme

Weekday activities for adults in Nelson, Motueka and Blenheim.

### Contact details

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

### Pinnacle House Day Service

Weekday activities for adults.

### Contact details

**Website:** [www.pinnaclehousenelson.org.nz](http://www.pinnaclehousenelson.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 Social Group

Social gathering for young adults at a Nelson café.

#### Contact details

**Tel:** (03) 539 0285

**Email:** [viv.nelson@autismnz.org.nz](mailto:viv.nelson@autismnz.org.nz)

### Boccia New Zealand

Boccia New Zealand promotes and supports the sport of boccia amongst 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 enhances 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)