

Northland 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 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: Northable

40 John Street, Whangarei 0110

Tel: (09) 430 0988

Email: drc@northable.org.nz

Website: www.northable.org.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.

CCS Disability Action – Sands Road

Overnight respite for children and young people.

Contact details

Please ask 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.

Geneva Healthcare

Geneva Healthcare offers a disability accessible house in Whangarei for respite. You need your own carer or support worker to stay in the house.

Contact details

6 Cooke Street, Whangarei

Tel: 022 041 3492

Email: juliaw@genevaelevator.co.nz

Website: www.genevahealth.com

Kind Hands Respite Care Cottage

Kind Hands is a purpose-built cottage, offering respite care for children who are under six, have a disability and/or are medically fragile and/or are technology dependent.

Contact details

19 Morningside Rd, Morningside, Whangarei 0110

Tel: (09) 459 7383 or 021 234 1294

Email: info@kindhands.co.nz

Website: www.kindhands.co.nz

Weekday activities

Aged care day care programme

Some aged care providers run daytime activity programmes that are suitable for adults with disabilities.

Contact details

Website: agedcarehub.nz/directory/activities-programmes/day-care-programmes

Attainable Trust

Helping people with disabilities to gain confidence and lead meaningful lives through employment and community participation.

Contact details

11–15 Laureston Avenue, Papatoetoe, Auckland 2155

Tel: (09) 278 1678

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

CCS Disability Action

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

291 Kamo Road, Whau Valley, Whangarei 0112

Tel: (09) 437 1899 or 0800 227 2255

Email: Northland@ccsDisabilityAction.org.nz

Website: www.ccsdisabilityaction.org.nz/

Forget-me-not Adult Day Care

A day care service available to adults 18 years and over, including young adults with disabilities, older people and the frail and people with head injuries and other disabilities.

Contact details

110 Boundary Rd, Tikipunga, Whangarei 0112

Tel: (09) 437 1144

6 Cooke Street, Whangarei

Tel: (09) 437 1144

Email: info@forgetmenot.org.nz

Website: www.adultdaycentre.co.nz

Greenways Trust

Greenways Trust provides support for adults with intellectual disabilities, including residential housing, supported employment and community participation.

Contact details

38 Kamo Road, Whangarei 0112

Tel: (09) 439 8133

Website: www.greenwaystrust.org.nz

IDEA Services

Weekday activities for adults.

Contact details

14–20 Clyde Street, Whangarei

Tel: (09) 438 9192

Email: Northern@idea.org.nz

Website: www.idea.org.nz

LYNKZ Programme

A community participation and vocational support day programme based in Whangarei and Dargaville.

Contact details

Tel: (09) 430 3470