Southern 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 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: AccessAbility
Ground Floor, Burns House, 10 George Street, Dunedin 9016
Tel: 0800 758 700
Email: otago@accessability.org.nz
Website: www.accessability.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.

Bainfield Park
Overnight respite in Invercargill for adults.

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.

Cozy Cottage (Corstorphine Baptist Community Trust)
Overnight respite for children and young people up to the age of 21.

Contact details
PO Box 3059, Caversham, Dunedin, 9045
Tel: (03) 487 8707
Email: info@cbct.org.nz
Website: www.cbct.org.nz

Living Options
Overnight respite in Alexandra for adults.

Contact details
Email: Alison@livingoptions.org.nz

McGlynn
Overnight respite in Dunedin for adults.

Contact details
Please contact your NASC for more information.

PACT Group
Overnight respite in Invercargill and Dunedin for adults.

Contact details
Please contact your NASC for more information.

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
Connections Education & Development Centre
A day activity centre for people with intellectual and physical disability.

Contact details
Tel: (03) 487 8940
Email: connect@earthlight.co.nz
Website: www.basedunedin.co.nz

IDEA Services
Weekday activities for adults.

Contact details
Tel: (03) 466 3850
Website: www.ihc.org.nz

Mosgiel Abilities Resource Centre
Weekday activities for adults with disabilities.

Contact details
16 Green Street, Mosgiel 9024
Tel: (03) 489 0029

Out-of-school care and early childhood education

Aspire kids

Contact details
Website: www.facebook.com/Aspire-Kids-962157580531491

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