

# Southern 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 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](mailto:otago@accessability.org.nz)

**Website:** [www.accessability.org.nz](http://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](mailto:info@cbct.org.nz)

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

## Living Options

Overnight respite in Alexandra for adults.

### Contact details

Email: [Alison@livingoptions.org.nz](mailto: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](http://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](mailto:connect@earthlight.co.nz)

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

## IDEA Services

Weekday activities for adults.

### Contact details

**Tel:** (03) 466 3850

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

Out-of-school care and weekend respite for children with disabilities. Accessed using Individualised Funding.

### Contact details

**Website:** [www.facebook.com/Aspire-Kids-962157580531491](https://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](http://www.familyservices.govt.nz/directory)