

Tairāwhiti 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 your 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: Life Unlimited

105 Disraeli Street, Gisborne 4010

Tel: (06) 863 2836

Email: nasc@lifeunlimited.net.nz

Website: www.lifeunlimited.net.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 your NASC to find out more.

Open Home Foundation

Overnight respite for children and young people may be available with a host family.

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

Te Hauora O Turanganui A Kiwa Limited

Weekday activities for adults.

Contact details

145 Derby Street, Gisborne 4010

Te Aitanga a Hauiti Hauora Charitable Trust

Weekday activities for adults.

Contact details

8-12 Main Road, Tolaga Bay 4077

Vanessa Lowndes Turanga Trust

Daytime activities for adults in Gisborne.

Contact details

Tel: (06) 868 4232

Website: www.vlc.co.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

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

Sporting, social and recreational activities

Boccia New Zealand

Boccia New Zealand promotes and supports the sport of boccia among all people with a physical disability throughout New Zealand.

Contact details

Website: www.boccia.org.nz

Comet Swimming Club

Swimming lessons.

Contact details

Website: www.cometswimming.co.nz/our-services/learn-to-swim

Halberg AllSports

The Halberg Disability Sport Foundation enables physically disabled New Zealanders to participate in sport and recreation.

Contact details

Website: www.halbergallsports.co.nz

New Zealand Riding for the Disabled

New Zealand Riding for the Disabled (NZRDA) provides opportunities for anyone with a disability to enjoy safe, stimulating and therapeutic horse riding and horse-related activities.

Contact details

Email: admin@rda.org.nz

Website: www.rda.org.nz

Special Olympics

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage.

Contact details

Email: info@specialolympics.org.nz

Website: www.specialolympics.org.nz

Relief carers, support workers, natural supports

Emerge Aotearoa

Emerge Aotearoa provides a wide range of community-based services including, day activities, employment support, flexible disability support and respite support.

Contact details

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

Family Whānau Support

A support worker 'buddy' who offers regular respite hours, either at home or in the community.

Contact details

Please contact your NASC for more information.

Geneva Healthcare

Geneva Healthcare can provide flexible options for support.

Contact details

Tel: 0800 Geneva (0800 436 382)

Email: info@genevahealth.com

Manawanui e-Mploy Recruitment

An online platform where you can advertise for permanent, part-time, contract or temporary staff or find employees online. Payroll services are also offered.

Contact details

Tel: 0508 462 427

Email: info@incharge.org.nz

Website: <http://manawanui.org.nz/services/e-mploy>

MyCare

An online platform where the people willing to help can meet the people needing help. Find and employ support workers and volunteers on a secure website.

Contact details

Tel: 0800 677 700

Email: hello@mycare.co.nz

Website: www.mycare.co.nz

Neighbourly

An online community to help you connect with people in your community who would like to offer support or care.

Contact details

Website: www.neighbourly.co.nz

NZCare Disability

NZCare's respite services support you to take a supported break away from your usual environment.

Contact details

Level 1, 60 Hugo Johnston Drive, Penrose, Auckland 1149

Tel: (09) 526 3570 or 0800 300 114

Website: www.healthcarenz.co.nz

Rockmybaby

Rockmybaby® offer childcare recruitment services.

Contact details

PO Box 8720, Havelock North, Hawke's Bay 4157

Tel: 0800 762 569

Email: info@rockmybaby.co.nz

Website: www.rockmybaby.co.nz

Teacher aides

Ask local schools if you're able to advertise to their teacher aide staff for support during the school holidays or for an evening out.

TimeBank Aotearoa New Zealand

TimeBanking creates circles of giving. It facilitates the sharing of skills between its members. TimeBanking builds on the magic of pay it forward.

Contact details

Website: <http://timebanks.nz>

Ministry of Health

Disability Support Services

If you have any questions or would like to have your respite option added to this information sheet, please contact us.

Email: respitestategy@moh.govt.nz