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: respitestrategy@moh.govt.nz