Wairarapa 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: Focus**
Blair Street, Masterton 5810
Tel: (06) 946 9813
Email: focus@wairarapa.dhb.org.nz
Website: www.wairarapa.dhb.org.nz/your-health/focus-access-to-support-services

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.

NZCare Disability
Overnight respite for children and young adults in Masterton and Greytown.

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

IDEA vocational services
Weekday activities for adults.

Contact details
Email: central@idea.org.nz

King Street Art Centre
A creative space for adults.

Contact details
Tel: (06) 378 9777

Wairarapa Care Network
Weekday activities for adults.

Contact details
Tel: (06) 378 8809
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

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
Tel: (04) 234 6090
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.

Contact details
Tel: (04) 560 0360
Email: info@specialolympics.org.nz
Website: www.specialolympics.org.nz

StarJam

Contact details
PO Box 27111, Marion Square, Wellington 6011
Tel: (04) 212 4971
Email: info@starjam.org

 Relief carers, support workers, natural supports

Care on Call
Care on Call works with families to design in-home support care that is right for each family. Care on Call home care help is available in Wellington City, the Wairarapa, Hutt Valley and all along the Kāpiti Coast. They coordinate home care help services through their local office.

Contact details
31J Railway Avenue, Alicetown, PO Box 45015, Waterloo, Lower Hutt 5042
Tel: 0800 776 815, (04) 566 4476
Email: wellington@careoncall.co.nz
Website: www.careoncall.co.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
Tel: 0800 762 569
Email: info@rockmybaby.co.nz
Website: www.rockmybaby.co.nz

Teacher aides
Ask local schools if you are 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