

# Wairarapa 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 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](mailto:focus@wairarapa.dhb.org.nz)

**Website:** [www.wairarapa.dhb.org.nz/your-health/focus-access-to-support-services](http://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](http://www.agedcarehub.nz/directory/activities-programmes/day-care-programmes)

### IDEA vocational services

Weekday activities for adults.

### Contact details

**Email:** [central@idea.org.nz](mailto: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](http://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](http://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](http://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](http://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](mailto:admin@rda.org.nz)

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

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

## StarJam

Music and dance workshops for young people with disabilities. Available in Auckland, Hamilton, Tauranga, Wellington and Christchurch.

### Contact details

PO Box 27111, Marion Square, Wellington 6011

**Tel:** (04) 212 4971

**Email:** [info@starjam.org](mailto: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](mailto:wellington@careoncall.co.nz)

**Website:** [www.careoncall.co.nz](http://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](mailto: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](http://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](http://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](http://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](http://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:** [respitestategy@moh.govt.nz](mailto:respitestategy@moh.govt.nz)