Wellington, Hutt Valley and Kāpiti Coast 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 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: Capital Support (Wellington/Kāpiti)**
Kenepuru Hospital, Raiha Street, Porirua 5022
Tel: (04) 230 6400
Email: capitalsupport@ccdhb.org.nz

**Life Unlimited (Hutt Valley)**
5 Bouverie St, Petone 5012
Tel: (04) 569 3102
Email: nasclifeunlimited.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.

Hearth Trust
Overnight respite for adults may be available. Hearth Trust is in Lower Hutt.

Contact details
Email: hearthtrust@outlook.co.nz
Website: www.hearthtrust.co.nz

Karahands
Family-based respite service for children and young people.

Contact details
Website: www.facebook.com/KaraHands

Laura Ferguson Trust
Overnight respite for adults with physical disabilities in Lower Hutt.

Contact details
Please contact your NASC for more information.

MASH Trust
Overnight respite for adults in Lower Hutt.

Contact details
Please contact your NASC for more information.

NZCare Disability
Overnight respite for adults in several locations across the Wellington/Hutt regions.

Contact details
Please contact your NASC for more information.
**Open Home Foundation**  
Overnight respite for children and young people with host families.  
**Contact details**  
Please contact your NASC for more information.

**Spectrum Care**  
Overnight respite for children and young people in Lower Hutt and Porirua/Mana.  
**Contact details**  
Please contact your NASC for more information.

**St John of God**  
Overnight respite for adults with physical disabilities in Karori.  
**Contact details**  
Please contact your NASC for more information.

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**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)

**Argo Trust (Club Argo)**  
On-site day service focused on community participation and lifestyle opportunities.  
**Contact details**  
95 Aro Street, Aro Valley 6021  
Website: argo.trust@vodafone.co.nz

**CCS Disability Action**  
Weekday activities for adults.  
**Contact details**  
Tel: 0800 227 2255

**IDEA Services**  
Weekday activities for adults in Paraparaumu, Tawa and Upper Hutt.  
**Contact details**  
Tel: (04) 463 2448  
Website: [www.ihc.org.nz](http://www.ihc.org.nz)
Laura Fergusson Trust
Ability programmes.

Contact details
18 Laura Fergusson Grove, Naenae
Tel: (04) 567 6024
Email: reception@lft.org.nz

L’arche Kāpiti
Community arts programme.

Contact details
Tel: (04) 298 4633
Email: larche@larche.org.nz
Website: www.larche.co.nz

Manaaki Ability Trust
Weekday activities for adults.

Contact details
60 Woburn Road, Lower Hutt
Tel: (04) 569 3091
Website: www.manaakiabilitytrust.org.nz

MASH Trust – Living Plus and Bluegum Road
Daytime activities for adults in Lower Hutt and Paraparaumu.

Contact details
Tel: (04) 974 8549
Website: www.mashtrust.org.nz

Spectrum Care Trust Board
Weekday activities for adults in central Wellington.

Contact details
Tel: (09) 634 3790
Email: info@spectrumcare.org.nz
Website: www.spectrumcare.org.nz

Thumbs up Trust
Weekday activities for adults.

Contact details
5 Elizabeth St, Petone, 5012
Tel: (04) 586 8069
Email: manager@thumbsuptrust.org.nz
Website: http://thumbsuptrust.org.nz
Whitford Brown Community Trust
Weekday activities for adults.

Contact details
Cnr Kāpiti Cres & Mana Ave, Titahi Bay, Porirua 5022
Tel: (04) 236 8944
Email: whitfordbrown@xtra.co.nz
Website: https://healthpages.co.nz/directory/listing/disability-services-whitford-brown-community-trust

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

Spectrum Care school holiday programme
School holiday programme in Lower Hutt and Porirua. Suitable for children with disabilities.

Contact details
Tel: 0508 NAVIG8 (0508 628 448)
Email: SchoolHolidayProgramme@spectrumcare.org.nz
Website: www.spectrumcare.org.nz
Sporting, social and recreational activities

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

Contact details
**Website:** www.boccia.org.nz

**Everybody Cool Lives Here**
Drama for people of all abilities.

Contact details
**Email:** contact@everybodycoolliveshere.com

**Fulton Swim School**
Swimming lessons in Upper Hutt catering for children with special needs.

Contact details
**Website:** www.fultonswimwellington.co.nz

**Halberg AllSports**
The Halberg Disability Sport Foundation enhances the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.

Contact details
**Website:** www.halbergallsports.co.nz

**ISADD**
Skills development for people with autism.

Contact details
**Website:** www.isadd.org

**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
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 has home care help 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 or (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.

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. NZCare offers a range of flexible respite options in the Wellington, Hutt Valley and Kāpiti Coast region.

Contact details
Level 7 Sovereign House, 34–42 Manners Street, Te Aro, Wellington
Tel: 0800 101 057
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, both individuals and organisations. 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