

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

Website: www.ccdhb.org.nz/our-services/a-to-z-of-our-services/disability-strategy-and-performance/disability-responsiveness-website-links/

Life Unlimited (Hutt Valley)

5 Bouverie St, Petone 5012

Tel: (04) 569 3102

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.

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.

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

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

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

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

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: respitestategy@moh.govt.nz