

Whanganui 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: AccessAbility

244 Victoria Ave, Whanganui 4500

Tel: 0800 758 700

Email: wanganui@accessability.org.nz

Website: www.accessability.org.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.

Founders Care Trust

Overnight respite for adults may be available.

Contact details

Please contact your NASC for more information.

Laura Ferguson

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

NZCare Disability

Overnight respite for children and young adults in Palmerston North.

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 Services

Weekday activities for adults in Marton.

Contact details

Tel: (06) 327 6535 or 0508 Support (0508 787-7678)

Website: www.ihc.org.nz

Sommerville Centre

The Abilities Centre is for school leavers and young adults. Sommerville centre offers computer skills, life skills, vocational training, recreation/leisure activities and community participation.

Contact details

45 Campbell Street, PO Box 540 Whanganui 4500

Tel: (06) 345 0566 or 0508 Support (0508 787-7678)

Email: info@sommerville.org.nz

Te Oranganui

Daytime activities for adults.

Contact details

57 Campbell Street, Whanganui 4500

Tel: (06) 349 0007

Website: teoranganui.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

Sommerville Centre

An after-school computer club during school term for young people with disabilities, a one-day holiday programme for school-age kids during the school holidays and a youth group.

Contact details

45 Campbell Street, PO Box 540 Whanganui 4500

Tel: (06) 345 0566 or 0508 Support (0508 787 7678)

Email: info@sommerville.org.nz

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

Chat Room

Chat Room is a weekly coffee morning for people with disabilities and/or their carers. Fridays 10.30 am–2.00 pm.

Contact details

75 St Hill St, Whanganui 4500

Creative Space

Whanganui 'Creative Space' is an art studio with peer support for developing artists with any form of disability.

Contact details

Tel: 022 188 4803

Email: whanganuics@gmail.com

Halberg AllSports

The Halberg Disability Sport Foundation was founded by Olympic champion Sir Murray Halberg in 1963 to enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.

Contact details

Website: www.halbergallsports.co.nz

Music for the Brain

Music for the Brain operates a 'jam' session of music and singing once a week, primarily for people with neurological conditions but also those with intellectual disability.

Contact details

Tel: (06) 324 7172

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

Pedestrians on wheels

Whanganui 'Pedestrians on Wheels' have two meetings each month with guest speakers, networking and information sharing, over either coffee or lunch.

Contact details

Tel: 027 758 0471

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.

A monthly disco is also run in Whanganui.

Contact details

Tel: (04) 560 0360

Email: info@specialolympics.org.nz

Website: www.specialolympics.org.nz

Whanganui Unique Children's Gym Club

The Whanganui Unique Childrens' Gym Club operates every Saturday for children with disabilities.

Contact details

Tel: (06) 343 7583 or 027 348 0106

Relief carers, support workers, natural supports

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'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: respitestategy@moh.govt.nz