

## Respite Services

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Respite services are one of a range of support services paid for by Disability Support Services, Ministry of Health. Respite services are available to disabled people and to carers, family and whanau whose primary role involves the care and support of a disabled family member. Respite services are community-based and there are a number of options available.

Respite is designed to provide short-term breaks for the carers of a disabled person, while also providing a positive, stimulating and worthwhile experience for the disabled person.

### What can I expect from a respite service?

A respite service should provide a safe, enjoyable environment with staff able to support you to participate in your community.

Respite is generally:

- Short-term and intermittent
- available in community settings
- part of the support network available to a person and their carers, family and whanau
- accessed via a Needs Assessment Service Co-ordination (NASC) organisation when a carer or family/whanau member requires a short term break from their normal support/care role

### How do I get respite?

You will need to talk to your local NASC organisation. They will check that you meet the eligibility criteria for Ministry of Health-funded disability support services and work with you to identify what your needs are and what services would best meet them. For more information on the needs assessment process you can look at the NASC fact sheet either online at [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability) or a copy should be available where you got this fact sheet.

### How often can I get respite?

The amount of funded respite support available to you is based on your needs and availability of services. Use of respite support may be planned so that respite care is accessed on a regular basis for a pre-arranged time period, or it may also be unplanned. Respite is available in times of emergency or unforeseen event.

### Where can I get more information?

You can contact your local NASC which can be found online at [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability) under contact details. Your doctor or other health professional should also be able to refer you to your local NASC.

You can also contact your local Disability Information Service (look in the phone book under 'D') or online at [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability) under contact details (DIAS).

For more information on Disability Support Services and the services we fund go to [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability), email [disability@moh.govt.nz](mailto:disability@moh.govt.nz), or call 0800 DSD MOH (373 664).

**Other Fact Sheets in this series include:**

- Carer Support
- Community Residential Support Services
- Disability Information Advisory Service (DIAS)
- Home and Community Support Services (HCSS)
- Need Assessment and Service Co-ordination (NASC)
- Frequently Asked Questions
- How do I make a complaint

**Other pamphlets in this series:**

- Information on Disability Support Services
- Equipment and Modifications