



## Did you know?

- One in 5 Australians has a disability
- 1.3 million Australians live with a severe or profound disability
- 1 in 5 Australian adults (in any year) will experience a mental illness in their lifetime

At House With No Steps we support over 2000 people across 100 sites in New South Wales and Queensland.

Our vision is to “enhance the lives of people with disabilities” by helping them live full, valued and meaningful lives within their local communities.

We strive to base all of our services around a true ‘person-centred’ approach, ensuring that our staff continually focus on the unique needs and desires of each individual.

To extend our range of services to the community, we now offer a broad range of Flexible Respite Options to provide eligible Carers with a break from the commitment of providing care and support.



Making the most of our abilities

[www.hwns.com.au](http://www.hwns.com.au)

### NEW SOUTH WALES

#### HEAD OFFICE

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#### HUNTER REGION

P: 02 4941 8100 E: [hunter@hwns.com.au](mailto:hunter@hwns.com.au)

#### NORTHERN REGION

P: 02 6628 0610 E: [northernsw@hwns.com.au](mailto:northernsw@hwns.com.au)

#### SOUTHERN REGION

P: 02 4221 0300 E: [southernsw@hwns.com.au](mailto:southernsw@hwns.com.au)

#### SYDNEY

P: 02 9451 1511 E: [sydney@hwns.com.au](mailto:sydney@hwns.com.au)

#### WESTERN REGION

P: 02 6852 2399 E: [westernsw@hwns.com.au](mailto:westernsw@hwns.com.au)

### QUEENSLAND

#### GOLD COAST

P: 07 5593 8340 E: [queensland@hwns.com.au](mailto:queensland@hwns.com.au)

#### SUNSHINE COAST

P: 07 5471 0750



# carer respite

For carers of  
people with a  
mental illness  
or a disability



QACIR6110345

All regions of House With No Steps have achieved Certification to ISO 9001. This internationally recognised benchmark assures quality systems and procedures are in place in all areas of our operation.

The Wheelchair & Disabled Association of Australia ABN 31 001 813 403

# Looking for a break from the role of caring?

Do you support or provide care for someone at home who has:

- A severe or profound disability
- Mental Health support needs
- An intellectual disability

Taking a break means different things to different people and there may be options that you haven't thought about or considered.

## House With No Steps Respite Services

**House With No Steps, a leading provider of community services across New South Wales and Queensland since 1962 now offer a range of respite support services for carers and families.**

Australia's carers provide more than 1.2 billion hours of care and support to people with care needs in the community every year (Access Economics 2005). This under recognised caring role is vital to both people who they care for and to the communities they live in.

Taking a break from caring – or having the ability to get support when you are unable to provide care is essential to assist you or your family in maintaining that vital role.

House With No Steps provides a range of services that may be able to assist you with respite.

