



carer respite

Respite for Older Carers of children with a Disability Program (Hunter Region)

A range of **flexible** respite options are currently provided within the **Newcastle, Lake Macquarie, Lower and Upper Hunter Council** areas for carers of people with an Intellectual Disability including Autism.

Access priority is given to **Older Carers** aged 60+ years and **Indigenous or Kinship Carers** aged 50+ years who live with and care for adult children, with a moderate to severe disability, who are aged 25 years or older.

What type of Respite can be provided?

The intent of the Respite Program is to be as flexible as possible in its approach to the carers support and need.

THESE OPTIONS MAY INVOLVE:

In Home Respite: Planned day, evening, weekend and/or overnight respite in your home to allow you, the carer, a break from the full time caring role.

Community Access & Recreation Respite: A planned respite option that fits in with the carer/family need for a break. This option offers the care recipient outings in the community and planned events for half/full days and evenings e.g. sporting events, movie, restaurant, live bands or concerts.

Centre-Based Day Respite: Skill development and creative activities at a HWNS centre or other venue/community group.

CONTACT US

Judith Mason (Program Coordinator– Respite)

51 Parklea Avenue, Croudace Bay 2280

Phone (02) 49 46 8311 or 0401 564 948

Email: jmason@hwns.com.au

Or Complete and return or drop the attached expression of need form to our office and we will contact you to discuss your needs.



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Yes, I would like to discuss further respite needs or receive further information about support available:

Name:

Address:

Preferred contact number:

I would like information on

Respite for person with intellectual disability

Respite for person with mental health needs

Respite for person with Autism

Other supports/ respite services

(specify)

Please return or drop into:

House With No Steps

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with a Disability Program (Hunter Region)**

51 Parklea Avenue

Croudace Bay NSW 2280