



carer respite

Respite Program (Illawarra Region)

A range of **flexible** respite options are currently provided within the **Illawarra (Wollongong, Shellharbour, Kiama)** areas for carers of people with an Intellectual Disability including Autism.

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

Barb Johnson (Program Coordinator)
102 Auburn St, Wollongong NSW 2500
Phone: (02) 4221 0300
Mobile: 0404 847 228
Email: bjohnson@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:

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