



Do you need a break?

If you're looking after a family member or someone with a disability and you feel you need some time out, you'd be entitled to receive what is called "respite". "Respite" means that you can have a break while the person you care for is being looked after by qualified and experienced care-workers.

There is help available for people in your situation.

There are centres that can look after people with a wide range of disabilities, for example; some of the centres specialise in looking after children with intellectual disabilities or autism or physical disabilities.

Other centres specialise in looking after adults with physical disabilities, intellectual disabilities, people with brain injuries or elderly people with dementia or who are very frail.

It will depend on where you live and what centres or services are close by. There are also some services that can organise for someone to come to your home and look after the person while you take a break.

About the centres:

There are some centres where people can stay and there are other centres where people go for the day - known as Day Care Centres.

Often these centres have different activities available such as Arts and Crafts and excursions. They usually provide the person with a meal and morning and afternoon tea so it is important to let them know if the person has special needs, for example, that they are diabetic.

You are entitled to 63 Respite Days a year, but if you want to arrange a break for yourself and arrange for the person you care for to stay at a Centre, it is important to give as much notice as possible because of waiting lists.

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Who can help you?

You can contact your local Aboriginal Worker and get them to help you arrange for a service to come to your home or for your relative to attend a local Day Centre.

There are also **Commonwealth Carer Respite Centres** on **1800 059 059*** in different areas throughout NSW. They all have the same number.

They do not all work the same way but they can provide you with the information you need to know about having a break and they can arrange emergency respite for you if something urgent happens and you need to go away at short notice.

The Commonwealth Carer Resource Centre on **1800 242 636*** can also give you information about Day Centres and places that people can stay at.

They can tell you about other services that can help you such as Community Transport or Neighbour Aid Services (who help with shopping or getting to and from appointments.)

Staff at the **Commonwealth Carer Resource Centre** **1800 242 636*** can also offer suggestions that could help you and let you know about any other assistance that you are eligible for, including financial help.

Both services are confidential which means that anything you say remains private - between the person you talk to and yourself.

**1800 242 636/1800 059 059 Free call except from mobile phones. Mobile calls at mobile rates.*