

holidays

You may ask the question 'why should I have a holiday?' Everyone needs to have some time off from work and this is even more necessary for carers who are caring for a relative or friend. It is well known that caring can be both physically and emotionally exhausting. Taking a break from the responsibility of caring is vital for your own health and wellbeing.

There may be problems to be solved such as lack of time, finding the right place, financial constraints and someone to care for the person whom you look after. By phoning the Commonwealth Carer Respite Centre on 1800 059 059 you will be able to talk about these issues and the arrangements that can be made so you can have a break.

You may choose to get right away on your own. Alternatively, you may choose to have a holiday with the person you care for but with someone else doing the caring.

Below are some options that might appeal to you and which are not too expensive.

■ FOR YOU AND THE PERSON YOU CARE FOR:

■ AREA: FAR NORTH COAST

✓ Cedric House - 65 Ducat Street, Tweed Heads *for people with low care needs and their carers*

Stays can be up to a maximum of 60 days per year. 24-hour care is provided plus all meals. There are 5 beds available for single and married couples and one room is wheelchair accessible, including shower and toilet facilities.

Staff administer no medical treatment. Day Respite care is provided together with organised activities such as crafts, painting etc for a small fee. Day outings are also available.

Current rates: \$30.00 per day,
 \$100.00 Mon-Fri (5 days),
 \$100.00 per weekend
 \$190.00 per week (7 days)

For more information call Veronese Burgess on **(07) 5536 2105**

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✓ **Byron Bay Rainforest Resort - 39-75 Broken Head Road, Byron Bay**

This is a peaceful retreat set in the seclusion of 16 hectares of natural coastal bushland and located just 300 metres from the Pacific Ocean. A unique resort especially designed for people with disabilities and their families. Accommodation is fully self contained and consists of 1 and 2 bedroom cottages that sleep between 3–7 people. For further information and current rates, contact **(02) 6685 6139** or www.rainforestresort.com.au

✓ **Emerald Beach Holiday Park – 73 Fishermans Drive, Emerald Beach**

This park is situated in a bushland setting right on Emerald Beach, just north of Coffs Harbour and offers a variety of accommodation. It features a purpose built fully accessible unit that is air-conditioned and fully equipped for people with a disability and their family. There is a solar heated pool, games room and store/takeaway.

For further information and current rates, contact **1800 681 521 (free call)** or **(02) 6656 1521** or www.ebhp.com.au

■ **AREA: HUNTER**

✓ **Eagleton Ridge Respite Centre - 100 Six Mile Road, Eagleton**

Support provided for people with low to moderate physical support needs including people with dementia

This is a farm style home stay located 10 kms from Raymond Terrace. All meals, accommodation, linen, use of all facilities, supervision, support, transfers and local travel are included. There is an extra charge for external activities but not for the activity centre. Special dietary requirements are catered for, if prior notice is given, and staff are fully qualified in disability and nursing fields. Carers are welcome and will be required to pay the daily standard support rate.

There is a standard support rate and a higher support rate. If clients require one-to-one support, this is also available at an additional hourly fee. Contact Belinda or Vince Furlonger for further information and current rates - **(02) 4987 1686** or www.eagletonridge.com.au

✓ **The Barringtons Country Retreat – Chichester Dam Road, via Dungong**

More expensive end of the market and set in the foothills of the Barrington Tops World Heritage Wilderness area. Wildlife abounds and there are plenty of activities available as well as self-guided walking tracks. Accommodation options range from luxury lodges to log cabins and Blackwattle Lodge is wheelchair friendly. You can choose either self-catering, include all meals or dine in the restaurant.

For more information and current rates, contact **(02) 4995 9269** or visit www.thebarringtons.com.au

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✓ **O'Carrollyn's – 5 Koala Place, One Mile Beach, Port Stephens**

O'Carrollyn's is set in 5 acres of bushland on a koala corridor and near the Tomaree National Park, which is situated just a short walk away from the beautiful One Mile Beach on the southern coast of Port Stephens. O'Carrollyn's has spacious two-storey cabins, with TV, video and microwave and is family friendly. The ground floor of each cabin is fully accessible with a large double bedroom, comfortable living area, a fully equipped kitchen and a large bathroom/ensuite with grab rails. Equipment and aids are also available (notice required). A personal care service can be arranged, please ask for details.

For further information and current rates, contact **(02) 4982 2801** or www.ocarrollyns.com.au

✓ **Leilani Haciendas, Cnr Gowrie & Kurrawa Close, Nelson Bay**

Accommodation includes a 2 bedroom spa cottage with wheelchair access and bathroom/toilet, which can accommodate a person with a disability and their family. This cottage has its' own courtyard and BBQ. The local bays and beaches have crystal clear water and white sand. There are numerous tourist attractions including cruises on Port Stephens. The surrounding area is flat and there is a network of paths that lead through a park to the nearby beach where a specially constructed ramp provides access to the water for people in wheelchairs.

For more information and current rates, contact **(02) 4981 3304**.

■ **AREA: CENTRAL COAST**

✓ **Chittaway Motel – 98 Chittaway Road, Chittaway Bay**

Situated in the heart of the Central Coast, located on Ourimbah Creek and minutes away from local surf beaches are two motel rooms that are wheelchair accessible with disabled toilet/shower. All rooms are air-conditioned and each room has a lovely outlook. Breakfast is available in the room. There is a pool and BBQ area and nearby are some take-away shops, a restaurant, bar and a mini market.

For more information and current rates, contact **(02) 4388 9110** or www.chittawaymotel.com.au

■ **AREA: SOUTH EAST SYDNEY**

✓ **Sydney Central YHA – Cnr Rawson & Pitt Sts, Sydney**

Located opposite Central Railway Station and bus stops, close to Paddy's Markets and only a short walk to Darling Harbour, Sydney Entertainment Centre and Sydney's retail centre, budget accommodation ranges from double/twin rooms with ensuite through to multi-share. Some accommodation is fully accessible including bathroom/toilet facilities. There is a swimming pool and sauna, self-catering kitchens, laundry, games room, TV room etc. A bistro and mini-supermarket are on the ground floor.

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YHA is a world-wide membership organisation and it costs \$52 pa to join. You will need to be a member to book twin/double rooms. Non-members can book accommodation in multi-share rooms only, by paying a small additional fee per night.

For further information and current rates, contact **(02) 9281 9111** or www.yha.com.au

✓ **Mariners Court Hotel – 44-50 McElhone Street, Woolloomooloo**

Mariners Court provides a warm and homely environment with personal and friendly service and is located 200 metres from Sydney Harbour foreshore within walking distance of the City, Botanic Gardens and the Opera House. The Hotel is a modern private boutique hotel offering budget priced double, twin and single suites, all with en-suites and private balcony, TV, telephone, microwave, fridge and tea and coffee making facilities. All rooms are wheelchair accessible and there are disabled bathroom facilities on each floor.

For further information and current rates, contact **(02) 6972 2000**

■ **AREA: CENTRAL WEST**

✓ **Club Inn Resort – Cnr Newell Hwy & Tallimba Rd, West Wyalong**

The Club Inn Resort is located opposite the golf course and has a swimming pool and BBQ facilities. The Golf Club itself has a restaurant. All rooms are air conditioned, have TV/video and there is a 2 bedroom suite specially designed for people with a disability including accessible bathroom facilities.

For further information and current rates, contact **(02) 6972 2000** or www.clubinn.com.au

■ **AREA: SOUTH COAST**

✓ **Bay of Plenty Lodges – Ellmoos Road, Jervis Bay**

Set on 2 acres with lake frontage and direct beach access, watch the Kangaroos hop through the grounds and parrots skim through the trees. There is a central BBQ area. The 1, 2 and 3 bedroom self contained cottages, cabins and units are all fully equipped including linen, and all open onto shaded private courtyards. The Longhouse has wheelchair accessible accommodation with a modern disabled toilet/shower and a mix of bedrooms accommodating between 2-6 people, communal cooking/dining, lounge and washing facilities.

For more information and current rates, contact **(02) 4441 2018** or www.bayofplentylodges.com.au

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✓ **Sussex Shores RSL Holiday Units – 209 Jacobs Drive, Sussex Inlet**

Set on the river, all holiday units are located less than 100 metres from the river overlooking the nature reserve. The area is renowned for its waterways, parklands, natural bush settings and wildlife.

Accommodation is available in 1, 2 and 3 bedroom units, each with ensuite bathroom, full kitchen and separate lounge and either share a courtyard or have a private balcony with gas BBQ. There is a wheelchair accessible unit with a disabled bathroom.

For further information and current rates, contact **(02) 4441 2076**

✓ **Ocean Point Resort – 300 Kingspoint Drive, Ulladulla**

Set on 12 pristine acres, Ocean Point Resort is surrounded by native bushland and bird life. The Resort has 1-2 bedroom self contained cottages and one 2 bedroom cottage has wheelchair access as well as a large disabled bathroom with grab rails. There is an in-ground pool and games room on site and it's a close 10 minute walk to the beach. The resort is family friendly.

For more information and current rates, contact **(02) 4454 4261**

✓ **Old Mogo Town – cnr Annette & James Sts, Mogo**

There is a variety of accommodation available in Old Mogo Town (Gold Rush Theme Park) and one of the unique Miners Cabins sleeps up to 6 people and has wheelchair access as well as a spacious disabled bathroom. All cabins have an Australian theme, are easy access and nestle in a magical natural bush setting on the border of the Mogo State Forest. Pet friendly accommodation also available.

For more information and current rates, contact **(02) 4474 2123** or www.oldmogotown.com.au

■ **AREA: FAR SOUTH COAST**

✓ **Clark Bay Cottages – 463 Riverview Drive, Narooma**

Can cater for people with high support physical needs

Located on the Shoreline of the Wagonga Inlet, only minutes from the Coastal Resort town of Narooma, fully ramped and wheelchair accessible cottages include recreation room and pool area, accessible bathrooms, easy access kitchens, etc. The bedrooms have electronically adjustable beds and an overhead hoist (Unit 1) from bed to bathroom. All linen and towels are supplied. There is additional equipment available including portable lifting hoists and beach wheelchair. The pool and spa areas are fully fenced with non-slip paving and have a built in Oxford Dipper poolside hoist. Personal support by qualified and registered staff can be organised. Contact Barry or Pam Barnbrook on **(02) 4476 1640** or www.clarkbay.com for further information and current rates

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■ FOR FEMALE CARERS ONLY

■ AREA: CENTRAL COAST

✓ **The Mary MacKillop Haven - Wyong**

Run by the Sisters of St Joseph, the Mary MacKillop Haven is a sanctuary for women in need of peace and quiet, reflection and relaxation. The Haven is located high on a hill on the edge of natural bushland with spectacular views of Lake Tuggerah and the surrounding districts. The bird life is plentiful and the atmosphere tranquil. There is a pool, all meals are provided, you can stay up to 10 days and transport can also be arranged.

The cost is very reasonable and includes all meals. For further information and current rates, contact **(02) 4352 2414**

■ AREA: HAWKESBURY

✓ **Maryvale – 524 Wilberforce Road, Wilberforce**

For female carers who want a holiday just by themselves, there is a beautiful country retreat set in the grounds of Wilberforce, just outside Windsor. All meals and linen are provided and the idea is to provide guests with rest and relaxation in a peaceful, stress-free environment with a spacious garden, home cooked meals and swimming pool.

The cost is very reasonable and includes all meals. For further information and current rates, contact Sr Sheila Normoyle on **(02) 4575 3059** .

■ FOR MALE AND FEMALE CARERS

■ AREA: SYDNEY NORTHERN BEACHES

✓ **The House of Sacred Space – 65 Oaks Avenue, Dee Why**

“**Dadirri-Gwandalan**” is close to the beach and is run by the Sisters of the Good Samaritan who seek to create an atmosphere of quiet, peace and restfulness in an environment of beauty. Their aim is to provide residential accommodation for up to 8 people who are in need of physical, emotional and spiritual healing. The accommodation is specifically for carers, male or female, who want to have a good rest and not have to worry about doing anything. The Sisters are very caring people and also have skills in counselling, so if you want to talk with them at any time, they are available. The cost is very reasonable and everything is included.

For further information and current rates, contact **(02) 9971 8063** or www.goodsams.org.au

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TIP

For details of other possible holidays, contact the following:

- ✓ **Carer Resource Centre – 1800 242 636**
- ✓ **Carer Respite Centre – 1800 059 059**
- ✓ **IDEAS (Information on Disability Equipment Access Services) – 1800 029 904**
or visit www.ideas.org.au

NICAN (Travel and Tourism information) – **1800 806 769** or visit www.nican.com.au

■ TOUR COMPANIES FOR PEOPLE WITH DISABILITIES AND CARERS

■ AREA: SOUTHERN HIGHLANDS

- ✓ **Careaway Tours Aus Pty Ltd – PO Box 947, Mittagong**

Careaway Tours provide holidays and tours designed as a service for people who may need some assistance, with qualified and experienced staff providing 24 hour supervision. They operate from the Southern Highlands in NSW and offer pick up and return at a central Sydney location, the Southern Highlands areas or en route. Holidays are fully inclusive of accommodation, meals, entrance fees, sightseeing and travel costs.

For further information and current rates, contact **(02) 4872 2224**

■ AREA: WESTERN SYDNEY

- ✓ **Lyndwood Tours – PO Box 2632, North Parramatta 1750**

Lyndwood tours specialised in providing medically supported holiday opportunities for people who have a disability or require some medical assistance. All holidays include accommodation as well as 24 hour supervision by experienced nurses and staff. Transport from door to door is also provided.

For further information and current rates, contact **(02) 9637 5669** or www.lyndwoodtours.com.au

Please make your own inquiries to check if holiday options listed are appropriate to your needs. Carers NSW also welcome any feedback and would appreciate any information on other holiday destinations that carers might find enjoyable. Please contact a Carer Support Officer on **1800 242 636**

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Information contained in this fact sheet was supplied by the relevant authorities and is believed to be accurate at the time of publication. Whilst every care has been taken in its preparation, this fact sheet contains only guidelines in relation to its subject matter.

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