



Respite Care Explained: Your Options

A Guide for Carers and Families

Prepared by Your Story Community Supports

Everyone needs a break sometimes — especially carers. Respite care gives you time to rest, recharge, and look after yourself, while knowing the person you care for is in safe, professional hands.

This guide explains what respite is, what types are available, and how to access it.

What Is Respite Care?

Respite care is temporary support for the person you care for, so you can take a break from your caring role.

It's not about stepping away from someone you love. It's about making sure you have the energy and wellbeing to keep going.

Respite can be:

- A few hours at home
- A weekend away
- A week-long stay in a supported setting
- Emergency support when you're in crisis

Types of Respite

In-Home Respite

A trained support worker comes to your home and takes over the caring role while you step out — or simply rest in another room.

Best for:

- Short breaks (a few hours to a full day)
- When the person you care for is most comfortable at home
- Regular, scheduled breaks

Short-Term Accommodation (STA)

The person you care for stays in a supported accommodation setting — usually for 1 to 14 days. They receive 24/7 support from trained staff.

Best for:



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- Longer breaks (a weekend, a week)
 - When you need to travel, attend to your own health, or simply recharge
 - Giving the person you care for a change of scenery and social interaction

Community-Based Respite

The person you care for attends a day program, social group, or community activity with support — giving you free time during the day.

Best for:

- Regular daytime breaks
- Social engagement for the person you care for
- Building independence and community connection

Emergency Respite

Available when you're in crisis — for example, if you're hospitalised, experiencing a mental health emergency, or simply can't continue caring safely.

Best for:

- Unexpected situations where you can't provide care
- Immediate relief when you're at breaking point

How Is Respite Funded?

Through the NDIS

If the person you care for has an NDIS plan, respite may be funded under:

- **Core Supports — Short Term Accommodation** (for STA stays)
- **Core Supports — Assistance with Daily Life** (for in-home respite)

Talk to their support coordinator about including respite in the next plan review.

Through Carer Gateway

If you're a carer, you may be eligible for respite through the Carer Gateway — regardless of whether the person you care for has an NDIS plan.

Carer Gateway provides:

- Emergency respite (when you're in crisis)
- Planned respite (regular, scheduled breaks)

Call: 1800 422 737



Your Story

Community Supports

Your Story Community Supports is a registered Carer Gateway delivery partner and can help you access these services.

Privately Funded

If neither NDIS nor Carer Gateway applies, you can arrange respite privately. Contact us to discuss options and pricing.

How to Access Respite

Step 1: Identify what you need

- How often do you need a break? (Weekly? Monthly? One-off?)
- What type of respite suits your situation? (In-home? STA? Emergency?)
- How long do you need? (A few hours? A few days?)

Step 2: Check funding

- Does the person you care for have NDIS funding for respite?
- Are you eligible for Carer Gateway respite?
- Do you need to arrange private respite?

Step 3: Contact a provider

- Call or email Your Story Community Supports
- We'll discuss your needs, availability, and funding options
- We'll match the person you care for with trained, compatible support workers

Step 4: Plan the details

- Agree on dates, times, and location
- Share important information (routines, medications, preferences, emergency contacts)
- Prepare the person you care for — let them know what to expect

Common Concerns (and Honest Answers)

“I feel guilty taking a break.” You shouldn't. Respite makes you a better carer. You can't pour from an empty cup.

“No one can care for them like I do.” That's probably true — and that's okay. Professional support workers won't replace you. But they can provide safe, quality care while you recharge.

“What if something goes wrong?” Your Story staff are trained in crisis response, medication management, and person-centred care. We follow your instructions and keep you informed.



“They won’t want to go.” Change can be hard. But many participants enjoy the social interaction and new experiences that come with respite. Start small — even a few hours can make a difference.

“I can’t afford it.” Check NDIS and Carer Gateway funding first. Many carers are eligible for funded respite and don’t realise it.

Helpful Contacts

Service	Contact
Your Story Community Supports	www.yourstorycommunitysupports.com
Carer Gateway	1800 422 737
NDIS	1800 800 110

Your story. Your way.