

Auckland region disability respite options

About respite

'Respite' is taking a break for a few hours, a day, overnight or longer, from your caring responsibilities. It can feel hard to take a break from caring, but taking time out for you can help you feel rested and re-energised.

A 'respite option' is any support or service that gives you a break from caring. This can be a break away or a break in your home.

This brochure includes information on some of the services available in your region that could help you take a break. You can choose the respite options that best suit you and your family. As well as the services listed here, you also have the choice to ask friends or family for help or use other supports or services.

A Needs Assessment and Coordination Service or NASC can help you get funding for respite and find respite options that will work best for you.

NASC: Taikura Trust

Building 1, Level 1, 570 Mt Wellington Highway, Mt Wellington 1062

Tel: (09) 278 6314 or 0800 TAIKURA (824 587)

Email: referrals@taikura.org.nz

Website: www.taikura.org.nz

Overnight respite

Aged residential care

Overnight respite for adults with disabilities may be available in an aged residential care facility. Please contact your NASC for more information or use the link below to find aged residential care facilities in your community.

Contact details

Website: www.agedcarehub.nz/directory

Ashley Cottage

Ashley Cottage provides respite care for people aged 16 years and over with a physical and intellectual disability in a cottage fully serviced with attendant care.

Contact details

321 Tawa Road Kumeu West Auckland 0891

Email: ashleycottage@xtra.co.nz

Community residential houses

Overnight respite for adults with disabilities may be available in an established home for adults with disabilities.

Contact details

Please contact your NASC for more information.

Eastgate Community Trust

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC to for more information.

His House

Family-based overnight and day respite options. His House also has cottages that can be used for more able-bodied people or for family members needing a break.

Contact details

Website: www.hishouse.co.nz

Laura Ferguson

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Matea Trust

Overnight respite for adult men with intellectual disability.

Contact details

Please contact your NASC for more information.

NZCare Disability

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Open Home Foundation

Overnight respite for children and young people with host families.

Contact details

Please contact your NASC to find out more.

Spectrum Care

Overnight respite for children and young people in dedicated respite houses in the Auckland region.

Contact details

Please contact your NASC to find out more.

Te Roopu Taurima

Overnight respite for adults with disabilities.

Contact details

Please contact your NASC for more information.

Wilson Home

Overnight respite for children and young people with profound or multiple disabilities.

Contact details

Please contact your NASC to find out more.

Weekday activities

Abilities Group

Abilities Group supplies a contract labour force to manufacturers, distributors, importers, retailers and many other commercial sectors. It is also involved in many recycling activities.

Contact details

Tel: (09) 444 0611

Website: www.abilities.co.nz

Agape Care

Weekday activities for adults.

Contact details

Website: www.agapecare.org.nz

Aged care day care programmes

Some aged care providers run daytime activity programmes that are suitable for adults with disabilities.

Contact details

Website: www.agedcarehub.nz/directory/activities-programmes/day-care-programmes

AIM Adults in Motion

Weekday activities for adults in the Rodney district.

Contact details

Website: <http://aim-adults-in-motion.org.nz/contact-us>

Ambury Park Centre

A vocational programme providing a life skills course and riding therapy.

Contact details

66 Wellesley Rd, Mangere Bridge, Auckland 2151

Tel: (09) 634 0763

Email: office@amburyparkcentre.org.nz

Website: www.amburyparkcentre.org.nz/home.aspx

CCS Disability Action

Weekday activities for adults.

Contact details

Tel: (09) 625 9378

Email: auckland@ccsdisabilityaction.org.nz

Website: www.ccsdisabilityaction.org.nz

Creative Abilities

Weekday activities for adults based in Silverdale.

Contact details

Website: www.creativeabilities.co.nz

Community residential houses

Overnight respite for adults with disabilities may be available in an established home for adults with disabilities.

Contact details

Please contact your NASC to find out more.

Eastgate Community Trust

Weekday activities for adults.

Contact details

427 Pakuranga Road, Pakuranga, Manukau 2010

Tel: (09) 577 4556

Email: info@eastgatetrust.co.nz

Website: www.eastgatetrust.co.nz

Hohepa Services

Weekday activities for adults.

Contact details

Website: www.hohepauckland.com/services-programmes/day-services

IDEA Services

Weekday activities for adults.

Contact details

Level 1, 3 Margot Street, Newmarket, Auckland

Tel: (09) 523 4198

Email: northern@idea.org.nz

Website: www.ihc.org.nz

Identity tours

A range of activities including day trips, overseas tours and cruises.

Contact details

Tel: 0800 196 633

Email: Identity_nz@hotmail.com

Website: www.identitytours.co.nz/Contact-info

New Dawn Partnership

Weekday activities for adults.

Contact details

PO Box 31795, Auckland

Tel: (09) 486 4869

Email: info@newdawnpartnership.org

Website: www.newdawnpartnership.org

Platinum Community Care

Weekday activities for adults.

Contact details

Website: www.platinumcommunitycare.co.nz

Ranfurly Care

Weekday activities for adults.

Contact details

52–56 Ranfurly Road, Epsom, Auckland

Tel: (09) 630 3010

Email: info@ranfurlycare.co.nz

Real World Living

Weekday activities for adults.

Contact details

24 East Street, Papakura, Auckland 2110

Tel: (09) 299 5304

Renaissance Group

Weekday activities for adults.

Contact details

8 Lambie Drive, Papatoetoe, Auckland

Tel: (09) 250 4346 x 706

Spectrum Care Trust Board

Weekday activities for adults in South Auckland.

Contact details

Tel: (09) 634 9776

Email: info@spectrumcare.org.nz

Website: www.spectrumcare.org.nz

Te Rori A Mua

Weekday activities for adults.

Contact details

Website: <http://teroriamua.org.nz>

Totara Farm Trust

Weekday activities for adults.

Contact details

842 Kingseat Road, RD1 Papakura

Tel: (09) 292 7757

Out-of-school care and early childhood education

Before and after school care, school holiday programmes

A number of organisations provide out-of-school care – this includes before and after school and during the school holidays. Some mainstream services will have experience and skills in supporting children with disabilities.

Contact details

Website: www.familyservices.govt.nz/directory

Hang out with mates

A motor development and social skills-based holiday programme for children aged 5–12 years. The programme encourages children who experience mild sensory integration dysfunction, social or movement-related challenges to try new things.

Contact details

84D Hurstmere Rd, Takapuna, Auckland 0622

Tel: 021 0232 6398

Email: thedifference@everydayot.co

Website: <https://everydayot.com/programs>

In-home childcare and early childhood education

Early childhood education (ECE) provides education and care for children before they go to primary school. There are many different types of early childhood education providers, including daycare centres, kindergartens, home-based childcare, kōhanga reo nannies, playcentre and play groups. Find all types of early childhood education in your community from the website below.

Contact details

Website: www.educationcounts.govt.nz/find-an-els

LifeKidz

Based in Highland Park. Staff are specifically trained to support children across a wide spectrum of needs.

Contact details

Website: <http://lifekidz.org.nz>

Masada Learning and Recreational Family Support Centre

Recreational activities that stimulate and activate meaningful interaction and play for children and young teenagers, improving their abilities, self-esteem and confidence. Includes school holiday programmes and after-school care for children and teens.

Contact details

6 Glenside Avenue, Pakuranga Auckland 2010

Tel: (09) 576 5229

Spectrum Care School Holiday Programme

Available in eight locations across Auckland to school-aged children and young people who are eligible for disability support services. All areas are wheelchair accessible and children with profound disabilities are welcome.

Contact details

Tel: 0508 NAVIG8 (0508 628 448)

Email: SchoolHolidayProgramme@spectrumcare.org.nz

Website: www.spectrumcare.org.nz

Spectrum Care After School Programme – In partnership with Sommerville Special School

Available to school-aged children and young people who are eligible for disability support services. All areas are wheelchair accessible and children with profound disabilities are welcome.

Contact details

Tel: 027 453 0241

Email: AfterSchool.SSS@spectrumcare.org.nz

Website: www.spectrumcare.org.nz

Wilson Home Trust School Holiday Activities

Available in Manukau and the North Shore. Daily activities during the school holidays for children and young people with physical disabilities aged 5–21 years. Siblings can attend too. All activities are free of charge.

Contact details

Tel: (09) 488 0126 or 0800 948 787

Website: www.wilsonhometruster.org.nz

Sporting, social and recreational activities

Boccia New Zealand

Boccia New Zealand promotes and supports the sport of boccia among all people with a physical disability throughout New Zealand.

Contact details

Website: www.boccia.org.nz

Chit-chat for all

A social skills group for students and young adults with Aspergers aged between 15–22 years. Based at One Tree Hill.

Contact details

Website: www.speech4all.co.nz

Dance Therapy

Dance therapy and arts programmes for children and adults. Also offers art and support for mums.

Contact details

Website: www.dancetherapy.co.nz

Halberg AllSports

The Halberg Disability Sport Foundation enables physically disabled New Zealanders to participate in sport and recreation.

Contact details

Website: www.halbergallsports.co.nz

Janet McVeagh Recreation

Runs camps, holiday programmes, creative dance, boccia, sports and trampoline classes for children and adults with disabilities.

Contact details

Website: www.facebook.com/jmrecreation

Mapura Studios

A creative space that provides programmes and activities in visual arts practice, creative expression, dance-movement, and art therapy for people living with disability and diversity.

Contact details

Website: www.mapurastudios.org.nz

New Zealand Riding for the Disabled

New Zealand Riding for the Disabled (NZRDA) provides opportunities for anyone with a disability to enjoy safe, stimulating, therapeutic horse riding and horse-related activities.

Contact details

Email: admin@rda.org.nz

Website: www.rda.org.nz

Northern Arena Swim School

Disabled children learn to swim programme.

Website: www.northernarena.co.nz/learn-to-swim/disabled-swimming

PHAB Social

Youth clubs for teens with a disability. Run throughout:

- Auckland: Central Youth, Henderson Social, Waitakere Social
- North Shore: Royal Oak Seniors, Waitakere Seniors, Eastern Beach, Takapuna Youth, Takapuna Social, Orewa Social, Manurewa, Mt Roskill Social, North Shore Social, Manukau, Papatoetoe Youth (PHAB Pasifika).

Contact details

Email: chewy@phab.org.nz

Raukatauri Music Therapy

Music therapy and school holiday programmes.

Contact details

Website: www.rmtc.org.nz

Recreate

Social and recreational activities for children and young people aged 10–35 years.

Contact details

48 Windmill Road, Epsom, Auckland 1023

Tel: (09) 638 5364

Email: info@recreate.org.nz

Website: www.recreate.org.nz

Sailability

Learn to sail classes.

Contact details

Website: sailabilityauckland.org.nz

Special Olympics

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability.

Contact details

Email: info@specialolympics.org.nz

Website: www.specialolympics.org.nz

Spectrum Care Weekend Day Respite Programme

Available to school-aged children and young people who are eligible for disability support services. All areas are wheelchair accessible, and children with profound disabilities are welcome.

Service operates every second weekend for 8 hours on a Saturday in Central and South Auckland.

Contact details

Tel: 027 453 0249

Email: Navigate.Services@spectrumcare.org.nz

Website: www.spectrumcare.org.nz

StarJam

Music and dance workshops for young people with disabilities. Available in Auckland, Hamilton, Tauranga, Wellington and Christchurch.

Contact details

PO Box 10042, Dominion Road, Auckland 1446

Tel: 0800 4 STARJAM (0800 478 275) or (09) 300 6257

Email: info@starjam.org

Te Wahi Ora Charitable Trust

A retreat created for all women who want to spend a few days or a few weeks at a beach resort at Auckland's renowned west coast beach, Piha, where all meals and individual accommodation are provided to ensure total rest and the freedom to relax!

Contact details

Website: www.tewahiora.co.nz

Relief carers, support workers, natural supports

Care on Call

Care on Call works with families to design in-home support care that is right for each family. Care on Call has home care help throughout the greater Auckland region from the Bombay Hills to Wellsford and from Beachlands to Piha. They coordinate home care help services through their local office.

Contact details

PO Box 302461, North Harbour, Auckland 0751

Tel: 0800 990 011 or (09) 966 0011

Email: auckland@careoncall.co.nz

Website: www.careoncall.co.nz

Family Whānau Support

A support worker 'buddy' who offers regular respite hours, either at home or in the community.

Contact details:

Please contact your NASC for more information.

Geneva Healthcare

Geneva Healthcare can provide flexible options for support.

Contact details

Phone: 0800 Geneva (0800 436 382)

Email: info@genevahealth.com

Manawanui e-Mploy Recruitment

An online platform where you can advertise for permanent, part-time, contract or temporary staff or find employees online. Payroll services are also offered.

Contact details

Tel: 0508 462 427

Email: info@incharge.org.nz

Website: manawanui.org.nz/services/e-mploy

MyCare

An online platform where the people willing to help can meet the people needing help. Find and employ support workers and volunteers on a secure website.

Contact details

Tel: 0800 677 700

Email: hello@mycare.co.nz

Website: www.mycare.co.nz

Neighbourly

An online community to help you connect with people in your community who would like to offer support or care.

Contact details

Website: www.neighbourly.co.nz

NZCare Disability

NZCare's respite services support you to take a supported break away from your usual environment.

Contact details

Level 1, 60 Hugo Johnston Drive, Penrose, Auckland 1149

Tel: (09) 526 3570 or 0800 300 114

Website: www.healthcarenz.co.nz

Rockmybaby

Rockmybaby® offer childcare recruitment services.

Contact details

Tel: 0800 762 569

Email: info@rockmybaby.co.nz

Website: www.rockmybaby.co.nz

Teacher aides

Ask local schools if you are able to advertise to their teacher aide staff for support during the school holidays or for an evening out.

TimeBank Aotearoa New Zealand

TimeBanking creates circles of giving. It facilitates the sharing of skills between its members. TimeBanking builds on the magic of pay it forward.

Contact details

Website: <http://timebanks.nz>

Ministry of Health

Disability Support Services

If you have any questions or would like to have your respite option added to this information sheet, please contact us.

Email: respitestategy@moh.govt.nz