

Bay of Plenty and Lakes 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 your 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: Support Net

510 Cameron Rd, Tauranga 3110

Tel: (07) 571 0093

Email: SupportNetBOP@bopdhb.govt.nz

Website: www.bopdhb.govt.nz/services/support-net

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

CCS Disability Action (Te Whare Poi Poi)

Overnight respite for children and young people in a dedicated respite house in Hamilton.

Contact details

Please contact your NASC to find out more.

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.

Open Home Foundation

Overnight respite for children and young people with host families.

Contact details

Please ask your NASC for more information.

Spectrum Care

Overnight respite for adults with disabilities.

Contact details

Please ask your NASC for more information.

Te Punanga O Te Rangimarie

Accessible respite accommodation in a rural setting north of Paeroa.

Contact details

742a Maratoto Road, Hikutaia, Paeroa

Email: info@tepunanga.org.nz

Website: www.tepunanga.org.nz

Titoki Christian Healing Centre

Open Monday to Friday for adult respite (with your own support) or a relaxing retreat for carers. Located ten minutes from Whakatane.

Contact details

Tel: (07) 308 6503

Email: info@titoki.org.nz

Website: www.titoki.org.nz

Weekday activities

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

Arohanui Arts and Education Trust

Arohanui is a Tauranga-based service provider offering community participation and meaningful day activities for people aged 16 years and over with a disability.

Contact details

Website: www.arohanuitrust.co.nz/index.htm

Avalon Aotearoa Charitable Trust

Avalon works alongside people to enhance their knowledge, skills and abilities.

Contact details

Avalon Charitable Trust, 102 Eleventh Avenue, Tauranga Central 3110

Tel: (07) 579 0585

Website: www.avalon.org.nz

Emerge Aotearoa

Emerge Aotearoa provides a wide range of community-based services, including day activities, employment support, flexible disability support and respite support.

Contact details

Website: <https://emergeaotearoa.org.nz>

Pou Whakaaro

Activities for adults with disabilities in Whakatane and Kawerau.

Contact details

Whakatane Office, 40 Te Tahi Street, Whakatane 3120

Tel: (07) 308 8170

Kawerau Office, 1E Tamarangi Drive, Kawerau 3127

Tel: (07) 323 8170

Website: www.pouwhakaaro.co.nz

St Chad's Charitable Trust

Weekday activities for adults.

Contact details

2 Devon Street, Rotorua 3010

Tel: (07) 347 8515

Email: info@stchads.co.nz

Website: <http://stchads.co.nz/contact-us>

Te Whanau Tokotokorangi

Weekday activities for adults with disabilities.

Contact details

Website: <http://tokotokorangi.co.nz>

Out-of-school care and early childhood education

ADDI School holiday programme

Before and after school care, and school holiday programmes in Taupo.

Contact details

Tel: (07) 376 5027

Email: info@addi.co.nz

Website: www.addi.co.nz

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

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

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

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

New Zealand Riding for the Disabled

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

Contact details

Email: admin@rda.org.nz

Website: www.rda.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

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

Tel: (04) 560 0360

Email: info@specialolympics.org.nz

Website: www.specialolympics.org.nz

StarJam

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

Contact details

PO Box 1305 Waikato Mail Centre, Hamilton 3240

Tel: (07) 211 7576

Email: info@starjam.org

Relief carers, support workers, natural supports

AAA Care

Live in the home, companion care, respite.

Contact details

Website: www.facebook.com/pg/Taurangababygrannysitting/services/?ref=page_internal

CCS Disability Action

Community-based support workers available for respite.

Contact details

Tel: (07) 578 0063

Email: bop@ccsdisabilityaction.org.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

Tel: 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: <http://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: respitestrategy@moh.govt.nz