

Northland 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: Northable

40 John Street, Whangarei 0110

Tel: (09) 430 0988

Email: drc@northable.org.nz

Website: www.northable.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

CCS Disability Action – Sands Road

Overnight respite for children and young people.

Contact details

Please ask your NASC for more information.

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.

Geneva Healthcare

Geneva Healthcare offers a disability accessible house in Whangarei for respite. You need your own carer or support worker to stay in the house.

Contact details

6 Cooke Street, Whangarei

Tel: 022 041 3492

Email: juliaw@genevaelevator.co.nz

Website: www.genevahealth.com

Kind Hands Respite Care Cottage

Kind Hands is a purpose-built cottage, offering respite care for children who are under six, have a disability and/or are medically fragile and/or are technology dependent.

Contact details

19 Morningside Rd, Morningside, Whangarei 0110

Tel: (09) 459 7383 or 021 234 1294

Email: info@kindhands.co.nz

Website: www.kindhands.co.nz

Weekday activities

Aged care day care programme

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

Contact details

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

Attainable Trust

Helping people with disabilities to gain confidence and lead meaningful lives through employment and community participation.

Contact details

11–15 Laureston Avenue, Papatoetoe, Auckland 2155

Tel: (09) 278 1678

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

CCS Disability Action

CCS Disability Action works with disabled people aged between 16 and 65, who are looking to build their community connections or move into employment.

Contact details

291 Kamo Road, Whau Valley, Whangarei 0112

Tel: (09) 437 1899 or 0800 227 2255

Email: Northland@ccsDisabilityAction.org.nz

Website: www.ccsdisabilityaction.org.nz/

Forget-me-not Adult Day Care

A day care service available to adults 18 years and over, including young adults with disabilities, older people and the frail and people with head injuries and other disabilities.

Contact details

110 Boundary Rd, Tikipunga, Whangarei 0112

Tel: (09) 437 1144

6 Cooke Street, Whangarei

Tel: (09) 437 1144

Email: info@forgetmenot.org.nz

Website: www.adultdaycentre.co.nz

Greenways Trust

Greenways Trust provides support for adults with intellectual disabilities, including residential housing, supported employment and community participation.

Contact details

38 Kamo Road, Whangarei 0112

Tel: (09) 439 8133

Website: www.greenwaystrust.org.nz

IDEA Services

Weekday activities for adults.

Contact details

14–20 Clyde Street, Whangarei

Tel: (09) 438 9192

Email: Northern@idea.org.nz

Website: www.idea.org.nz

LYNKZ Programme

A community participation and vocational support day programme based in Whangarei and Dargaville.

Contact details

Tel: (09) 430 3470

Northpoint Services Trust

Weekday activities for adults with disabilities.

Contact details

143 Broadway, Kaikohe

The Blue Goose Papermill Charitable Trust

The Papermill is a creative and safe environment where artists with disabilities craft beautiful products from natural and recycled materials.

Contact details

16/18 Edwards Street, Dargaville 0340

Tel: (09) 459 1459

Website: www.thepapermill.co.nz

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, which 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

Spectrum Care School Holiday Programme

School holiday programme at Blomfield School. Suitable for school-aged children with profound disabilities. Priority of access is given to children from Blomfield School.

Contact details

Tel: 0508 NAVIG8 (0508 628 448)

Email: SchoolHolidayProgramme@spectrumcare.org.nz

Website: www.spectrumcare.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

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

Kawakawa Swimming Pool

Group or individual swimming lessons.

Contact details

1-9 Derrick Road, Kawakawa 0210

Tel: (09) 404 0127 (during pool hours)

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

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

Technohackers

A technology group in Whangarei. All things connected to science, engineering and design (not suitable for people with intellectual disabilities).

Contact details

Tel: (09) 430 7995

Email: Kevin@technohackers.org

The Farm

The Farm is a working dairy farm and a natural playground for kids. Contact The Farm to discuss your respite needs.

Contact details

Website: www.thefarm.co.nz

Whangarei Aquatic Centre

Group or individual swimming lessons and 'parafit' group fitness for people with disabilities.

Contact details

Ewing Road, Whangarei PO Box 379, Whangarei 0140

Tel: (09) 430 4072

Email: whangareiaquatics@clmnz.co.nz

Website: www.clmnz.co.nz/whangarei

Relief carers, support workers, natural supports

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: 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 from 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

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