

# Waikato region disability respite options

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## 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: Disability Support Link**

Level 2, Monckton Bldg, Rostrevor St, Hamilton

**Tel:** (07) 839 8883

**Email:** [dsloffic@waikatodhb.health.nz](mailto:dsloffic@waikatodhb.health.nz)

**Website:** [www.waikatodhb.health.nz/about-us/a-z-of-services/older-persons-rehabilitation-and-allied-health/disability-support-link/](http://www.waikatodhb.health.nz/about-us/a-z-of-services/older-persons-rehabilitation-and-allied-health/disability-support-link/)

## 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](http://www.agedcarehub.nz/directory)

## **CCS Disability Action (Te Whare Poi Poi)**

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

### **Contact details**

Please contact your NASC to find out more.

## **Community Living (Leong Ave)**

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

### **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.

## **Laura Ferguson Trust**

Overnight respite for adults in a dedicated respite house.

### **Contact details**

Please contact your NASC to find out more.

## **Spectrum Care**

Overnight respite for adults in an established community residential house.

### **Contact details**

Please contact your NASC to find out more.

## **Weekday activities**

### **Achievement House**

Weekday activities for adults in Cambridge.

### **Contact details**

**Tel:** (07) 827 7441

### **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](http://www.agedcarehub.nz/directory/activities-programmes/day-care-programmes)

## Career Moves

Supported employment services.

### Contact details

**Tel:** (07) 839 7367

**Email:** info@careermoves.org.nz

## CCS Disability Action

Works with disabled people aged between 16 and 65 years, who are not currently in school and are looking to build their community connections or move into employment.

### Contact details

17 Claudelands Road, Hamilton 3216

**Tel:** (07) 853 9761 or 0800 227 2255

**Email:** Waikato.Admin@ccsDisabilityAction.org.nz

**Website:** www.ccsdisabilityaction.org.nz

## Community Living

Provides a range of options for group and individual support. Activities and programmes include life skills, education and training, leisure and recreational pursuits, and volunteer, employment, cultural and community group involvement.

### Contact details

**Tel:** (07) 834 3700

**Email:** enquiries@communityliving.org.nz

**Website:** <http://communityliving.org.nz>

## Coromandel Independent Living Trust

The programme supports people who have a mental health issue and/or intellectual and physical disability. Participants cook and eat lunch together daily, learn new computer skills, create art, garden and prepare catering for events.

### Contact details

The Resource Centre, 45 Tiki Road, Coromandel 3506

**Tel:** (07) 866 8358

**Email:** cilt@cilt.org.nz

**Website:** <http://cilt.org.nz>

## Enrich +

A range of services for children, young people and adults.

### Contact details

**Tel:** 0800 367 424

**Website:** [www.enrichplus.org.nz](http://www.enrichplus.org.nz)

## IDEA Services

Daytime activities for adults in Waihi, Otorohanga, Hamilton and Huntly.

### Contact details

**Tel:** (07) 834 7200

## Interactionz

Interactionz focus is on helping disabled people to develop the skills and confidence needed to live a more rewarding and independent life.

### Contact details

113c Ruakura Lane, Hamilton 3214

Tel: (07) 859 0249

Email: [admin@interactionz.org.nz](mailto:admin@interactionz.org.nz)

## South Waikato Achievement Trust

Weekday activities for adults.

### Contact details

Website: [www.swac.co.nz/residential](http://www.swac.co.nz/residential)

## The Supported Life Style Hauraki Trust

Weekday activities for adults.

### Contact details

Website: <http://suplife.org.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](http://www.familyservices.govt.nz/directory)

## Enrich

School Holiday programme for children with autism.

### Contact details

Website: <http://enrichplus.org.nz/services-2/spectrum-energy/school-holiday-programme>

## 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](http://www.educationcounts.govt.nz/find-an-els)

## Spectrum Care School Holiday Programme

Two school holiday programmes catering for high needs children and more independent young people.

### Contact details

**Tel:** 0508 NAVIG8 (0508 628 448)

**Email:** SchoolHolidayProgramme@spectrumcare.org.nz

**Website:** www.spectrumcare.org.nz

## Sporting, social and recreational activities

### Autism NZ Lego® Club

Lego® Club is for primary school aged children diagnosed with Autism Spectrum Disorder.

### Contact details

Autism New Zealand Waikato Branch, 57 Sunshine Avenue, Te Rapa, Hamilton 3200

PO Box 406 Hamilton Mail Centre, Hamilton 3200

**Tel:** (07) 849 2896 or 022 183 1532

**Website:** www.autismnz.org.nz

### 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

### Enrich + Lego® Club

A fun and interactive group for younger children and teenagers. The aim of the group is to develop communication, social skills and friendships through a joint love of Lego®.

### Contact details

**Website:** <http://enrichplus.org.nz/services-2/spectrum-energy/lego-club>

### Enrich Youth +

If you are interested in extending your social circles, building friendships, confidence and learning new skills then Youth+ is the group for you. \$15 per session – groups run Wednesday nights (term time) 7pm–9pm in Hamilton. Ages 13–25 years.

### Contact details

**Website:** <http://enrichplus.org.nz/services-2/spectrum-energy/youth>

### 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

## Hamilton Yacht club

Sailing lessons.

### Contact details

**Website:** [www.hyc.org.nz/junior-classes/starling-2](http://www.hyc.org.nz/junior-classes/starling-2)

## 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](mailto:admin@rda.org.nz)

**Website:** [www.rda.org.nz](http://www.rda.org.nz)

## Recreate

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

### Contact details

**Tel:** (09) 638 5364

**Email:** [info@recreate.org.nz](mailto:info@recreate.org.nz)

**Website:** [www.recreate.org.nz](http://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

**Email:** [info@specialolympics.org.nz](mailto:info@specialolympics.org.nz)

**Website:** [www.specialolympics.org.nz](http://www.specialolympics.org.nz)

## StarJam

Music and dance workshops for young people with disabilities.

### Contact details

PO Box 1305 Waikato Mail Centre, Hamilton 3240

**Tel:** (07) 211 7576

**Email:** [info@starjam.org](mailto:info@starjam.org)

## The Cowshed

A purpose-built environment for people with physical and intellectual disabilities on a lifestyle block.

The facility is also available for use for respite care, for up to one person with their own carer overnight, or after school as required. The Cowshed welcomes all people regardless of disability to visit for a casual or regular visit with their own carers.

### Contact details

**Website:** [www.facebook.com/JacksCowShed](https://www.facebook.com/JacksCowShed)

# 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:** <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](http://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](http://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](http://www.healthcarenz.co.nz)

## Rockmybaby

Rockmybaby® offer childcare recruitment services.

### Contact details

**Tel:** 0800 762 569

**Email:** [info@rockmybaby.co.nz](mailto:info@rockmybaby.co.nz)

**Website:** [www.rockmybaby.co.nz](http://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](mailto:respitestrategy@moh.govt.nz)