

## INFORMATION SHEET 8

### RESPITE CARE

**Respite is a short period that gives family carers a break from caring responsibilities and allows them time for themselves.**

#### Types of respite care

Two types of respite care are available for older people and their carers — community based respite and residential respite within a residential aged care facility.

#### Funding to support respite care

Commonwealth Home Support Program funding (CHSP) is allocated through My Aged Care (call 1800 200 422) and can be used for community based respite services.

Eligibility for funding and types of respite is determined by assessment. You will be provided with a number or referral code for each type of approved respite.

Community based respite can also be paid for through Home Care Package funding. Additional funding should be discussed with your Home Care Coordinator.

#### Respite for you as an older person

CHSP funding can be allocated to respite in the form of one-on-one social support or group social support such as craft group, group outings and other group activities.

#### Respite for you as a family carer

CHSP funding can also be allocated for:

- Centre based respite — a day activity centre where various activities are offered.
- Cottage style respite — includes overnight stays in a home-like setting.

- Flexible respite — can include in-home day and overnight support with a care worker.

#### Respite eligibility assessment

The Aged Care Assessment Team assesses a person for suitability and approval for residential respite within an aged care facility. If approved for residential respite:

1. You will be allocated up to 63 days of accommodation in a residential aged care facility per year, usually accessed in two-week blocks of time.
2. You will need to pay a gap. Carer Gateway may be able to assist with funding to cover a component of the gap for residential respite. Call Carer Gateway on 1800 422 737.

Costs for respite care can vary between providers. You will need to discuss fees and charges directly with the organisation providing the support.

#### Let's Talk Aged Care

For advice or information about respite care options in your town or region, phone:

John Moran, Ageing Well Coordinator Country SA  
**Free call 1800 182 324**

#### Notes:

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