



northcott
disability services

metropolitan respite



Respite care is usually identified as a service for families with a child with a disability who may need a break in their routine of daily living. While families need time away from each other this may not be so readily available when a child requires additional care. Not only may parents/carers benefit from a break, but children benefit from periods away from their parents. It is an opportunity to meet friends and be involved with social activities.

Northcott Disability Services runs two centre-based respite services in Metropolitan Sydney. Children stay overnight on weekends during the school term or for up to four nights during school holidays.

Eligibility

Current families of Northcott's Metropolitan Family Support Service, that is, young people of school age, between six and 18, who have a physical disability without a significant intellectual disability.

Contact Metropolitan Family Support,
Northcott Disability Services,
1 Fennell Street, North Parramatta NSW 2151
Ph: (02) 9890 0100 Fax: (02) 9683 2827
Email: mfs@northcott.com.au

Geographical area

The two houses are Karingal, North Rocks and Roselands, Roselands.

Families throughout the greater metropolitan Sydney area can access these services. People living in north and north-western Sydney can use Karingal and those living in eastern, southern and south-west Sydney can use Roselands. Under certain circumstances, families living beyond the greater Sydney area may also be able to use these services.

Activities

Small groups of young people are accommodated, with six at Karingal and five at Roselands. Attention is paid to age and peer group compatibility. Activities are those that other young people of similar ages enjoy and each group is able to participate in decisions about what they will do. Some examples of outings are trips to the beach, movies and shopping. In-house activities include pizza and disco nights, barbecues, craft activities and much more.

Cost

A nominal daily fee is charged. Consumers pay for the cost of outings. Both services are partially-funded by the Department of Ageing, Disability and Home Care and supported by Northcott Disability Services.

founding member of



metro respite