



# Respite for Older Carers

Respite for Older Carers is a flexible service that provides a broad range of high quality respite options to people with a disability and their older carers. Working closely with other service providers, the program is designed to deliver a well-coordinated response according to individual need and can include a choice or combination of respite services.

## Services

Services available are flexible and may include:

- In home respite
- Community access (group and individual)
- Peer support
- Camps
- Weekend and holiday support

## Eligibility

- People over 60 years who provide care for a person with a disability
- Indigenous people over the age of 45 who provide primary care for a person with disability.

## Geographic Area

The local government areas of Cumberland Prospect, Nepean, South West Sydney, Illawarra, Mid North Coast, Far North Coast, Southern Highlands, New England and Riverina/Murray.

## Referrals

Families can make an independent referral, or allocate a service provider to make a referral for them by calling Northcott's Respite for Older Carers Service Coordinator in their region.

Once a referral has been received the Coordinator will gather information to establish eligibility. This information will then be passed on to an independent allocation panel.

## Priority of access

Priority will be determined following an independent assessment of the level of support required and the extent of existing support available to the individual and their carers.

## Cost

The level of fees form part of the Service Agreement and are reviewed as required. Fees are charged by Northcott at the rate of \$2.50 per hour of service, up to a maximum of \$30 for a 24 hour period. Clients can receive up to 168 hours of respite per year, although this amount can be flexible based on individual need.

## Funding

The service is jointly funded by Ageing, Disability and Home Care (ADHC), Department of Human Services NSW, and Northcott Disability Services.



## Contact

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**South West Sydney Office**  
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Phone: (02) 8778 2300 Fax: (02) 8778 2399

**Far North Coast Office**  
Suite 1D, 99 Tamar Street, Ballina NSW 2478  
Phone: (02) 6686 3822 Fax: (02) 6686 5891

**Southern Highlands Office**  
Suite 16, Lawrence House  
142-144 Monaro Street, Queanbeyan NSW 2620  
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**Illawarra Office**  
Bay 2, 6-8 Marshall Street, Dapto NSW 2530  
Phone: (02) 4262 7155 Fax: (02) 4262 7544

**Mid North Coast Office**  
31 Bonville Street, Coffs Harbour NSW 2450  
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**Nepean Office**  
9/28 Coombes Drive, Penrith NSW 2751  
Phone: (02) 4720 4400 Fax: (02) 4722 8028

**New England Office**  
147 Goonoo Goonoo Road, Tamworth NSW 2340  
Phone: (02) 6762 4902 Fax: (02) 6762 5065

**Riverina/ Murray Office**  
Suite 8, Criterion Centre,  
147 Balo Street, Moree NSW 2400  
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