



**The Junction Neighbourhood Centre
Shop 2,
669-673 Anzac Parade,
Maroubra Junction 2035
Ph: 9349 8200**

Respite Services Directory

This list is updated yearly by The Junction Neighbourhood Centre.

Any corrections or additions please contact 9349 8200. Last updated June 2010.

This guide contains contact information specific to residents of the Eastern Suburbs and City of Sydney CBD

For information on respite services in other areas or to contact an ACAT team, contact the Commonwealth Carelink Centre on 1800 052 222

What is respite?

Respite is designed to give carers relief from caring for a person that requires ongoing care, attention and support.

What are the different types of respite?

There are 4 types of respite:

(1) In-home respite

In-home respite care allows a carer to have a break while a substitute carer comes into the home to take over the caring role. The provision of in-home respite care may occur while the carer is absent from the home or while they are at home, but it must enable the carer to be relieved of caring tasks.

(2) Out-of-home respite

Out-of-home respite care allows the carer relief time while the person being cared for is looked after outside the family home. Transport may be provided for clients.

(3) Residential respite

Residential respite provides short-term care in an Australian Government funded aged care home or other approved accommodation for people:

- who are being cared for and whose carer is in need of a temporary break from the caring role;
- who do not have a carer, but are in need of respite care; *and*
- who intend to return to the community.

Residential respite care may be used on a planned or emergency basis to help with carer stress, illness, holidays, or when a carer is unavailable for any reason. It is usually provided in an Australian Government-funded aged care home that provides high-level (nursing home) or low-level (hostel) care. In rare instances, respite care may be provided in a hospital if no other form of accommodation is available or appropriate. ACAT assessments are required for residential respite.

The DPS guide to aged care lists all the residential care facilities that provide residential respite. Call 1800 052 222 for more information or to get a free copy posted to you.

To find respite services at residential care facilities that cater for people from a non English speaking background, contact the NSW Transcultural Aged Care Service on (02) 9515 9858

(4) Emergency respite

Emergency respite services provide emergency short-term relief when the carer is unable to provide care due to sudden and unforeseen circumstances. This relief may incorporate 24 hour care. Emergency respite may take place in the home or outside of the home.



In-Home Respite

Service Provider	Description	Eligibility and Cost
<p>Aboriginal Home Care (Alleena Centre) 12a Dudley St, Alexandria Ph: 9245 1822 Office hours: 8.30am-4.30pm Some on call services are available out of hours.</p>	<p>Ongoing respite care for frail aged (over 45 years)/ disabled Aboriginal and Torres Strait Islanders. Services available to Botany, Randwick, Waverley and Woollahra LGA's.</p>	<p>Each case individually assessed. Aboriginal and Torres Strait Islander Fees by assessment.</p>
<p>Anglican Retirement Villages Community Services Suite 3F 1st Floor, 72 O'Riordan St, Alexandria Ph: 9700 7714</p>	<p>Carers available from 8.30am–5.00 pm Mon– Fri. Respite hours determined by assessment. Services available on a regular or occasional basis. Services the Botany, Randwick, Waverley and Woollahra LGA's.</p>	<p>Respite care for frail aged/ disabled persons. Eligibility determined by assessment. Fees apply.</p>
<p>Eastern Area Visit Program (Sisters of Charity outreach) 75 Boundary St, Darlinghurst Ph: 8382 2883 Mon-Thurs 9.30-4pm</p>	<p>Up to 3 hours of respite care per week. Services the Botany, Randwick, Waverley and Woollahra LGA's.</p>	<p>Respite care for frail, aged, disabled and socially isolated persons that have exhausted other respite options. Initial assessment Services are free.</p>
<p>Home Care Service of NSW (Eastern Sydney Service Centre) Level 4, 806-812 Anzac Pde, Maroubra Office: 8347 6900 Ph: 1800 350 792 Aboriginal Home Care: 1300 797 606</p>	<p>Respite maximum service is 10 hours per week, however some provision does exist for extension of these hours to people with high level needs. Services the Botany, Randwick, Waverley, Woollahra LGA's.</p>	<p>Frail aged and young disabled persons. Referral needed. HACC assessment carried out. Fees are negotiated.</p>

Eastern Respite and Recreation

Level 6, Suite 602, 806-812 Anzac Pde, Maroubra

Ph: 02 8347 7000

Respite for persons up to 65 years old with a physical, intellectual or sensory disability.

Family Support: 30-65 years

Flexible respite packages for people aged 30 years and over with aging carers. Respite, recreational and skills development activities with one to one paid support in or out of home. Caters for people with low to high support needs. Family Support also provides carers serviced by Family Support with the opportunity to attend a support network through regular social activities and relevant information seminars facilitated by professional agencies.

Friday Bus Trip: 18-65 years

A recreational group outing which takes place every third Friday during the day time. The group visits various places of interest in the community. Caters for people with high support needs.

Independence Group: 18-21 years

An 18 month structured programme to enable young adults to increase their skills and develop independent social networks. Caters for people with low to moderate support needs.

Rosebery Social: 18-65 years

Centre based recreation and peer support program for adults held one Saturday night a month at ERR's Rosebery Centre. Caters for people with low support needs.

High Support Group-18-65 years

Recreational and peer support group activities for adults with high support needs in conjunction with respite for their families.

Volunteer Links: 18-65 years

One to one recreation and peer support for adults, provided by a volunteer link. Caters for people with low support needs.

One to One Support: 0- 65 years

(Flexible Respite & Community Connections)

Respite Options provides flexible respite packages including respite, recreational and skills development activities with one to one paid support workers in and out of home. Caters for people with low to high support needs.

Services the Botany, City of Sydney, Randwick, Waverley and Woollahra LGA's.

Eligibility and cost:

Primary carer must be living with disabled person.

Most services are free.



In-Home Respite

Service Provider	Description	Eligibility and Cost
<p>The Junction Neighbourhood Centre</p> <p>Shop 2, 669-673 Anzac Pde, Maroubra Junction</p> <p>Ph: 9349 8200</p>	<p>Low level respite services during working hours: 9.00-4.30 p.m. Mon-Fri Weekly 3 to 10 hour respite for carers. Respite can be either in home or out in the community</p> <p>Services the Randwick LGA.</p>	<p>Carer must be living with frail aged person or a person with low level dementia.</p> <p>Hourly fees apply.</p>
<p>KinCare</p> <p>Suite 302, Building A, 12-14 Solent Circuit, Baulkham Hills</p> <p>Ph: 8831 6600</p> <p>Ph: 1300 733 510</p> <p>Web: www.kincare.com.au</p>	<p>The KinCare assessment required Costs can vary for private service depending on day, hours and office must be contacted for the quote. There are 24 hour services, emergency service and stay-over options.</p> <p>Services the Eastern Suburbs and South East Sydney regions.</p>	<p>For carers of the frail aged and people with a disability. Special needs respite available for carers of dementia sufferers.</p> <p>From \$ 6 per hour for assessed respite.</p>
<p>Mercy Arms Community Care (Catholic Healthcare)</p> <p>Ph: 1800 225 474 Mon-Fri 7am-5.30pm</p>	<p>A respite plan made with carer to meet the needs of their specific situation. This plan is reviewed periodically to respond to changing needs. Overnight respite is not available.</p> <p>Services Botany, City of Sydney, Randwick, Waverley and Woollahra LGA's.</p>	<p>Frail aged or older people with dementia living in their home. Contact office for eligibility details.</p> <p>Fees are negotiated.</p>
<p>Out of Hours Respite Care (SENC)</p> <p>Shop 68 Eastlakes Shopping Centre, Evans Ave, Eastlakes</p> <p>Ph: 8338 8506</p>	<p>Respite for frail and disabled persons.</p> <p>Care is provided 24 hours a day, with a maximum of 5 hours of care per occasion. Respite services are available Mon-Sat.</p> <p>Services the Botany LGA.</p>	<p>Care is provided on a case by case basis. An assessment is made.</p> <p>\$7 charge per occasion</p>



In-Home Respite

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Service Provider	Description	Eligibility and Cost
<p>South East Sydney Commonwealth Carer Respite and Carelink Centre (Benevolent Society)</p> <p>4th Floor, 7-11 The Avenue Hurstville</p> <p>Carelink Ph: 1800 052 222</p> <p>Carer Respite Ph: 1800 059 059</p>	<p>Free information about respite options and help organising planned or emergency respite care. Financial assistance for short-term or emergency respite when needed. There is carer's registry and referrals for carers</p> <p>This is part of a national network of Carer Respite and Carelink Centres.</p>	<p>*Carers of people with dementia *Carers of children or young people with disability *Older people who are caring for an adult child with a disability *Teenagers and young people who are caring for a family member with a disability</p> <p>Fees and eligibility negotiated individually.</p>
<p>St Lukes's Home Care</p> <p>18 Roslyn Street, Potts Point</p> <p>Ph: 9356 0305</p> <p>www.slc.org.au</p>	<p>Respite and short-term accommodation for carers. Low level and high level care options and a range of different packages, eg: Community Aged Care, Extended Aged Care At Home, Extended Aged Care at Home Dementia.</p> <p>Weekly In-home respite, one to one community outings, relaxation program for Caregivers, socialisation and case management.</p> <p>Services the Botany, Randwick, Waverley, Woollahra LGA's.</p>	<p>The amount you will need to pay will depend on your assets and income.</p> <p>Anyone can make an initial referral.</p> <p>ACAT assessment.</p>
<p>Sunnyfield Association (Ageing parent carers program)</p> <p>Suite 1, Office 1, Level 3, Bowen Library, 669-673 Anzac Pde, Maroubra</p> <p>Ph: 02 9349 3400</p> <p>www.sunnyfield.com.au</p>	<p>Respite options include In Home Community Access and Overnight Respite (the carer is hospitalised). Respite is for a minimum of 2 hours per week.</p> <p>Services the Botany, City of Sydney, Randwick, Waverley and Woollahra LGA's.</p>	<p>Primary Carers over 65 years old and Indigenous Carers over 45 years old \$150 contribution per year</p> <p>Annual intake opens in March and closes in May Services commence in June</p>



In-Home Respite

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Service Provider	Description	Eligibility and Cost
<p>Sunnyfield Eastern Suburbs Respite in Action</p> <p>Call head office: 94516 999</p> <p>Annual intake open last week of February, closes end of March. Services commence first week of July.</p>	<p>Respite service for people with disabilities aged between 0-65 years living at home with family/carer in Eastern Suburbs.</p> <p>Services the Botany, City of Sydney, Randwick, Waverley and Woollahra LGA's.</p>	<p>Up to 65 years. People with a disability who are living at home with a carer.</p> <p>\$150 per year.</p>
<p>Veterans Home Care Program</p> <p>Level 1, Tower B, Centennial Plaza, 280 Elizabeth St, Surry Hills</p> <p>Ph: 1300 550 450</p>	<p>In home and residential respite up to 196hrs or 28 days per financial year.</p>	<p>Veteran or their widow/widower must hold a repatriation health card (gold or white). ACAT assessment required for residential respite.</p> <p>Respite services are free.</p>

Out-of-Home Respite

Service Provider	Description	Eligibility and Cost
<p>Annabel House</p> <p>21 Munda St, Randwick</p> <p>Ph: 9382 8060</p>	<p>Day Care for Dementia Group offers respite activities for people with dementia. Light lunch is provided. Activities: picnics, bus trips and centre based activities. Day care 7 days a week, 8.30am-5.00 pm. Bus/car available to transport clients.</p> <p>2 support groups for carers, which meet 2nd Tuesday monthly at 7pm and last Monday monthly at 1pm.</p> <p>Services the Botany and Randwick LGA's.</p>	<p>Moderate to severe dementia. Clients must be referred through ACAT.</p> <p>Respite services are free.</p>



Out-of-Home Respite

Service Provider	Description	Eligibility and Cost
<p>Australian Chinese Community Association of NSW Inc.</p> <p>2 Mary St, Surry Hills</p> <p>Ph: 9281 1377</p>	<p>Out of home respite</p> <p>Respite program runs in the in the centre every Wednesday from 9am-3pm.</p> <p>Areas covered include South-East Sydney.</p>	<p>Anyone can refer for frail aged/disabled and those with low level dementia of Chinese background.</p> <p>Cost: a Fee for transport to and from the centre, as well as for meals. Respite services are free.</p>
<p>The Burger Centre (Jewish Care)</p> <p>120 King St, Randwick</p> <p>Ph: 8345 9147</p> <p>Jewish Care Intake: 1300 133 660</p>	<p>Day care program activities: exercise, educational talks/discussions, Tai Chi, hydrotherapy, arts and crafts, concerts, outings and more. Day care is available from 10.00am-2.00pm* Mon-Fri.</p> <p>Kosher meals/morning tea Buses for transport clients</p>	<p>From 65 years for frail and disabled (mainly Jewish people). Contact Jewish care for info.</p> <p>Dementia programs available and a Russian speaking program on Wednesdays</p> <p>Daily fees apply</p>
<p>Eastern Respite and Recreation</p> <p>Level 6, Suite 602, 806-812 Anzac Pde, Maroubra</p> <p>Ph: 02 8347 7000</p>	<p>Respite for carers of up to 65 years of age with a physical, intellectual or sensory disability.</p> <p>See page 4 for details.</p>	<p>Primary carer must live with disabled person.</p> <p>Some services have fees.</p>
<p>Greek Welfare Centre</p> <p>378a King St, Newtown</p> <p>PO Box 784 Newtown 2042</p> <p>Ph: 9516 2188</p>	<p>Centre based day care in Matraville for the frail aged of non- English speaking background. This program includes: transport to and from centre, meals, activities, exercise and outings 8 am-6 pm. There is a Greek group Tuesdays, a Russian, Greek and Chinese group on Wednesdays and Dementia day care on Fridays.</p> <p>Services Botany, Randwick, City of Sydney, Waverley and Woollahra LGA's.</p>	<p>From 65 years. Frail aged or have a disability, with a working carer.</p> <p>Small daily fees apply. Contact the Greek Welfare Centre for more information.</p>

*Does not include time taken transporting clients at the beginning and end of the day. Same applies to other times quoted in this directory.



Out-of-Home Respite

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Service Provider	Description	Eligibility and Cost
<p>Holdsworth Community Centre</p> <p>64 Holdsworth St, Woollahra</p> <p>Ph: 9302 3600</p>	<p>One-to-one support and group activities. Community transport may assist persons with travel.</p> <p>Services Botany, City of Sydney, Randwick, Woollahra and Waverley LGA's.</p>	<p>Adults with a mild to moderate intellectual disability aged 18 to 65 years; caters to adults with low to high support needs. Contact centre for more information.</p>
<p>Rushcutters Bay Day Centre</p> <p>301 Forbes St, Darlinghurst</p> <p>Ph: 02 8382 1988</p>	<p>Respite service for people with Dementia. Transport available. Respite is: Tues-Fri, 10.00am-2.30pm</p> <p>Services the Woollahra and Waverley LGA's.</p>	<p>Eligibility based on diagnosis of dementia and physical mobility (clients are independently mobile and continent).</p> <p>Respite services free too HACC* clients. Small fee for lunch.</p>
<p>South East Sydney Commonwealth Carer Respite Centre (Benevolent Society) Rosemore or Mirrabooka Cottages-(Bexley) Overnight Respite</p> <p>Carelink Ph: 1800 052 222 Carer Respite Ph: 1800 059 059</p>	<p>A place where frail older people can be cared for overnight or for short periods to provide a break for their carers.</p> <p>Services Botany, City of Sydney, Hurstville, Kogarah, Randwick, Rockdale, Sutherland, Waverley and Woollahra areas.</p>	<p>Ring for referral</p> <p>Frail older people requiring care overnight</p> <p>Fees apply. Contact centre for more information.</p>
<p>Sydney Multicultural Community Service</p> <p>3 General Bridges Cres, Daceyville</p> <p>Ph: 02 9663 3922</p>	<p>Frail aged day care and carer support program. Transport available. Therapists speak various languages.</p> <p>Timetable: Respite program varies Mon- Chinese frail aged; Tues- Multicultural frail aged; Wed-Maltese and Polish frail aged; Thurs- Multicultural group with dementia; Fri- Italian frail aged.</p> <p>Eastern Suburbs LGA's.</p>	<p>Frail aged day care and carer support program for *CALD community.</p> <p>Call for eligibility details.</p> <p>From 60 years. Frail aged day care program has small fees. Lunch is from \$11 per day.</p>

*CALD: Culturally and Linguistically Diverse

*HACC: Home and Community Care are government funded services for frail older people, people with disabilities and/or their carers



Out-of-Home Respite

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Service Provider	Description	Eligibility and Cost
<p>Uniting Care Ageing:</p> <p>Botany Day Respite Centre: 1355 Botany Rd, Botany (Mon-Fri 9am-5pm)</p> <p>Wellness Respite Centre: 3 Botany St, Bondi Junction (Fridays)</p> <p>Contact the Centre Manager: 96667394</p> <p>enquires@sydneyagedcare.org.au www.sydneyagedcare.org.au</p>	<p>Centre based respite care for part day or a whole day. Transport available</p> <p>Services: Podiatry, Hairdressing, Advocacy, home and garden modification (fees)</p> <p>Activities: gentle exercise, arts/crafts, music, games and more * Morning/afternoon tea and lunch provided * Support programs for carer and recipient</p>	<ul style="list-style-type: none"> • Carers experiencing difficulty maintaining employment due to lack of suitable respite care • Care recipients over 65 years • Carers and recipients living in East and South East Sydney <p>Each carer assessed individually (no carer denied service due to inability to pay)</p>
<p>Uniting Care Ageing:</p> <p>The Overnight Respite Cottage: 59 First Ave, Campsie Call Wednesday-Sunday: 97892695 Or Monday-Friday: 96667394</p> <p>www.unitingcare.org.au</p>	<p>Overnight respite: Thurs 4pm to Sun 12pm Provides: meals, cleaning, laundry Activities: home-like environment, single rooms, garden, outings, 1-3 nights, emergency respite on occasion.</p> <p>Services Inner West, but if there is a bed available other areas accepted.</p>	<p>Overnight respite to assist carers of the frail aged, including those with dementia. Care recipients over 60 years old.</p> <p>Anyone can be referred and an assessment is made by the coordinator</p> <p>Service Fees are: \$39 per night</p>
<p>War Memorial Hospital Day Care Centre</p> <p>War Memorial Hospital, 125 Birrell St, Waverley</p> <p>Ph (intake): 9369 0400</p> <p>Ph (enquiries): 02 9369 0361</p>	<p>Day Care services 10.30am-2.00 pm Lunch, morning/afternoon tea - transport for clients.</p> <p>3 *CALD groups for the frail aged on Mondays (languages are for eg: Greek, Russian & Spanish). 2 groups for persons with early memory loss and frail aged Tues-Fri.</p> <p>Botany, Randwick and Waverley LGAs</p>	<p>From 65 years. Frail aged and older people who have mild to moderate confusion. Must be living in own home.</p> <p>Small fee for lunches, outings etc.</p>

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*HACC: Home and Community Care are government funded services for frail older people, people with disabilities and/or their carers



Emergency Respite

Service Provider	Description	Eligibility and Cost
<p>Eastern Respite and Recreation</p> <p>Level 6, Suite 602, 806-812 Anzac Pde, Maroubra</p> <p>Ph: 02 8347 7000</p>	<p>Care provided on a case by case basis in conjunction with other organisations such as South East Sydney Carer Respite centre.</p>	<p>Each case is individually assessed.</p>
<p>Presbyterian Aged Care Sydney</p> <p>74 Brown St Paddington</p> <p>Ph: 02 9361 1000</p>	<p>Emergency respite depending on assessment/availability (If there is a room available)</p>	<p>From 65 years. Each case is individually assessed.</p> <p>Fees apply.</p>
<p>South East Sydney Commonwealth Carer Respite and Carelink Centre (Benevolent Society)</p> <p>4th Floor, 7-11 The Avenue Hurstville</p> <p>Ph: 9599 0233</p> <p>Carelink Ph: 1800 052 222</p> <p>Carer Respite Ph: 1800 059 059</p>	<p>Provides unplanned, short term and emergency in-home or residential respite depending on the needs of the person being cared for.</p> <p>Services the complete South East Sydney area</p>	<p>Each case is individually assessed.</p> <p>Fees are negotiated.</p>
<p>Veterans Home Care</p> <p>Level 1, Tower B, Centennial Plaza, 280 Elizabeth St, Surry Hills</p> <p>Ph: 1300 550 450</p>	<p>Provide emergency short-term relief when carer is unable to provide care due to sudden and unforeseen circumstances. This relief may incorporate 24 hour care. For a maximum of 3 days emergency respite is provided per occasion, with no more than 3 occasions per year.</p>	<p>Veteran or their widow/widower must hold a repatriation health card (gold or white).</p> <p>Respite services are free.</p>