



Need help finding the right advice, services and support?

**Free call: 1800 422 737**

For support and advice, Monday to Friday 8am to 6pm.

Is it an emergency? Dial triple zero (000)

If you need urgent medical help, call triple zero (000) immediately.



## Who can get respite?

Caring for a friend or family member can be rewarding. But being a carer can also be physically, mentally and emotionally draining. Regular breaks, known as respite, may help relieve stress for the carer and the person receiving care.

### What forms of respite care are available?

There may be many ways to get help, but the best option for you will depend on your circumstances. There are several types of respite care, including:

- **In-home respite care** - usually involves a paid carer coming to your home so that you can go out for a few hours; day and night care is possible.
- **Centre-based day respite care** - provided at a centre.
- **Community access respite care** - can include social and activity-based outings.

- **Overnight or weekend respite care** - can be flexible and may involve in-home care or a short stay with a host family.
- **Residential respite care** - involves a short stay in a live-in care residence.
- **Emergency respite care** - available following an unexpected event such as an illness, and may be available at short notice.
- **Consumer-directed respite care (CDRC)** - a CDRC package gives you more choice about the type and delivery of respite care.

## Providers of respite care

Many government and community organisations offer other forms of respite care. For example, some government-funded and community organisations offer care through camps and activity programs to particular groups - for example, children with disabilities.

Respite care can help frail older people to remain living in their own home.

Some organisations provide respite care that meets the spiritual and cultural needs of Aboriginal or Torres Strait Islander people.

Informal respite care may also be organised with a family member or friend.

## Eligibility for respite care

Eligibility for respite care depends on the type of care needed and the service provider. For example, some organisations cater specifically to children with disabilities; others cater to older people.

In most cases, an assessment will be required to determine your eligibility and the services that best suit you and the person you care for.

If residential care is required, a more in-depth assessment may be conducted by an Aged Care Assessment Team (ACAT) [↗](#).

Call your local Commonwealth Respite and Carelink Centre [↗](#) on 1800 052 222 for help to find respite care services that meet your needs.

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**Sources:** Healthdirect Australia - (Respite care) [↗](#), healthdirect - (Types of Respite) [↗](#), healthdirect - (Assessment for respite) [↗](#), My Aged Care - (Respite care) [↗](#)

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## Related Pages

Need to know more? You might find these pages useful:

- [How to get the most out of respite \(/how-to-get-the-most-out-of-respite\)](/how-to-get-the-most-out-of-respite)
- [Emergency respite \(/emergency-respite\)](/emergency-respite)
- [What is respite care? \(/what-is-respite-care\)](/what-is-respite-care)



## Trusted links:

Pages from our content partners on this topic:

→ [Respite care - NT.GOV.AU - nt.gov.au](https://nt.gov.au)



Respite care services for Central Australia and the Top End.

→ [Dementia Australia | Using respite care - dementia.org.au](https://dementia.org.au)



Respite care enables families and carers to have a rest, go out, attend to business or go on a holiday. Many people find that a regular break means that they can recharge and avoid ...

→ [Respite care for people with dementia and their carers | Cochrane - cochrane.org](https://cochrane.org)



This review aims to see whether respite care can reduce caregiver burden and stress, and increase the length of time for which a person with dementia can continue living at home.

See more partner resources

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