

3. Planned Respite

Planned respite services are available via My Aged Care (Phone: 1800 200 422, Website: <http://www.myagedcare.gov.au/>) including:

- Centre-Based Respite
- Cottage Respite
- In-Home and Flexible Respite (domestic assistance, personal care, transport services, meal services, companionship and community settings)
- Residential Respite

3.1 Centre Based and/or Community Access Respite

People with dementia can attend centre-based facilities to participate in enjoyable activities and socialise with peers. Some centres cater for a range of individuals (e.g., aged, individuals with disability), while others are exclusively for people with dementia. Some services include transport to and from the facility, while private transport is necessary for other services.

Typical activities at centre-based respite includes:

- Arts and crafts (e.g., painting)
- Gardening
- Story/poetry reading and writing
- Cooking
- Quizzes
- Listening to and playing music
- Singing and dancing
- Physical activity classes and outdoor games
- Movies
- Community access visits or outings (e.g. attending the movies, a restaurant or a picnic in a park).

If you wish to access Centre Based or Community Access respite care, you need to contact **My Aged Care** for an assessment.

Telephone: 1800 200 422 (8am – 8pm Monday to Friday, 10am – 2pm Saturday).

Website: <http://www.myagedcare.gov.au/>

Local Centre Based and/or Community Access Respite Service Providers

Organisation
ARV Parish Partnership Day Respite Program Ph: (02) 4275 5202 Dapto Anglican Church, Moombarra Street DAPTO NSW, 2530
Bluehaven Care Ph: (02) 4232 0475 Joyce Wheatley Community Centre, Hindmarsh Park, KIAMA NSW, 2533
BBCR Bay and Basin Community Resources Inc (Bomaderry) Ph: (02) 4422 7422 1 MATTES Way BOMADERRY NSW, 2541
BBCR Bay and Basin Community Resources Inc (Sanctuary Point) Ph: (02) 4443 3434 16 Sanctuary Point Road SANCTUARY POINT NSW, 2540
Carunya Dementia Day Therapy Centre Ph: (02) 4297 1011 Building 6b, 10 Belfast Ave WARILLA NSW, 2528
Greek Welfare Centre Community Services Ph: (02) 4228 1609 244 Corrimal Street WOLLONGONG NSW, 2500
Illaroo Cooperative Aboriginal Cooperation, Shoalhaven Aboriginal Multi Service Outlet Ph: (02) 4428 9400 55 Judith Drive NORTH NOWRA NSW, 2541
Illawarra Indochinese Aged Centre Based Care Ph: (02) 4285 7277 17 Princes Highway FAIRY MEADOW NSW 2519
Italian Social Welfare Organisation of Wollongong Ph: (02) 4228 8222 21 Stewart Street WOLLONGONG NSW, 2500
IRT Wellness Program Illawarra Ph: 1800 024 915 4-6 Popes Road WOONONA NSW, 2517
Macedonian Welfare Association - Macedonian Social Support Group Ph: (02) 4275 2266 15 Short Street CORRIMAL NSW, 2518
Magnolia Cottage Day Centre Ph: (02) 4422 4161 2 Halcot Avenue NORTH NOWRA NSW 2541

Organisation**Multicultural Dementia Centre-Based Care****Ph: (02) 4276 4364****Community Centre, 32-40 Lake Avenue
CRINGILA NSW 2502****Multicultural Dementia Respite Service Warilla****Ph: (02) 4276 4364****Carunya Dementia Day Therapy Centre
Building 6b, 10 Belfast Avenue
WARILLA NSW 2528****Multicultural Respite Illawarra****Ph: (02) 4229 7566****117 Corrimal Street
WOLLONGONG NSW 2500****Nowra Adult Day Centre****Ph: (02) 4421 0975****39 Holloway Road
NOWRA NSW 2541****Shellharbour Social Support Dementia Monitoring Services****Ph: (02) 4257 9036****Albion Park Showground Tongarra Road
ALBION PARK NSW 2527****Towradgi Dementia Day Care (CAPAH Multicultural Association)****Ph: (02) 4297 7546****Community Centre, 79 Towradgi Road
TOWRADGI NSW 2518****Ulladulla Respite Service****Ph: (02) 4455 5366****Ulladulla Community Health Centre, Corner South St and Princes Hwy
ULLADULLA NSW 2539****Uniting Healthy Living for Seniors Illawarra/Shoalhaven****Ph: 1800 486 484****Unit 2/105 Shellharbour Road
WARILLA NSW, 2528****Warrigal Albion Park****Ph: (02) 4257 4257****2 Pine Street
ALBION PARK RAIL NSW 2527****Warrigal Lake Illawarra****Ph: (02) 4257 4257****1-7 Grove Circuit
LAKE ILLAWARRA NSW 2528****Wollongong City Council Social Support****Ph: (02) 4227 7888****41 Burelli Street
WOLLONGONG NSW, 2500**

CHOOSING CENTRE-BASED OR COMMUNITY ACCESS RESPITE CARE

What should we consider when choosing a centre-based?

Choosing centre-based respite is an important decision. Choosing the most suitable service for both of your needs, will help you feel confident that you or your family member/friend will be in a safe environment where your needs are met, and have the opportunity to participate in enjoyable activities. There are various things to consider when choosing the most appropriate centre for you. The table below highlights some of questions to ask and things to consider.

Questions / Things to consider

Notes

Where is the centre located? (Is this convenient for you?)	
What are the days and hours of operation? (And what days have available positions?)	
What activities are available? (If you have a particular hobby or interest, it may be worthwhile asking if such activities can be catered for)	
Does the centre do ‘outings’ or day trips? (Is this something you are interested in?)	
What experience do the staff have with clients with dementia? (What approach do staff take to managing your specific needs?)	
Does the service provide transport? (and if so, are these suitable services for your needs?)	
Does the service provide meals? (If you have specific dietary needs, ask how these will be catered for).	
What is the cost of services? (If so, how is payment organised?)	
Does the service cater for any specific care arrangements you need? (e.g., medical, cultural, mobility)	

What should we consider when visiting centre-based or community access respite?

If possible, you may find it helpful to spend some time at the service you are considering so you can get a ‘feel’ for the people and environment. You may wish to visit several times to see whether your experience varies on different days. During these visits, you may find it helpful to take a ‘checklist’ of things you want to observe during your visit, such as the one below:

Questions / Things to consider	Notes
How did you and your family member/friend feel upon arrival to the centre?	
Did the staff and clients seem cheerful and comfortable?	
Was the centre easy and safe to navigate?	
Was the centre clean and pleasant?	
Was the furniture suitable? (e.g., sturdy, comfortable, etc)	
Was there a quiet place in the centre for individuals to sit if they need a ‘break’?	
Were there various activities for clients to take part in? (Also, were modifications made to the activities to encourage individuals with varying capabilities to participate?)	
Was there a process for clients and carers to provide feedback and plan activities?	
Were staff able to explain the services offered by the centre and answer all of your questions?	