

### 3.3 In-Home and Flexible Respite

In-home and flexible respite includes services offered to carers and people with dementia within their home. Support for the person with dementia can be provided with or without the carer being present. Services include:

- Social Support including companionship and assistance to pursue an activity of interest (e.g. gardening, woodwork, board games)
- Domestic assistance
- Personal care
- Home modifications.

In-home respite is available during the day or overnight, occasionally or on a regular basis depending on the needs of the carer and individual with dementia. Individuals with dementia who are reluctant to attend centres based services and/or residential centres may feel more comfortable accepting in-home respite services. Some services also can provide access to other types of flexible respite services e.g. Community Access, Host Family (day or overnight), Mobile respite or other planned respite.

To access in-home and flexible respite, 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/>**

A list of local services that provide In-Home and Flexible respite care is provided below.

<b>Organisation</b>
<b>BBCR Bay and Basin Community Resources Inc (Bomaderry)</b> <b>Ph: (02) 4422 7422</b> 1 MATTES Way BOMADERRY NSW, 2541
<b>BBCR Bay and Basin Community Resources Inc (Sanctuary Point)</b> <b>Ph: (02) 4443 3434</b> 16 SANCTUARY POINT Road SANCTUARY POINT NSW, 2540
<b>Bluehaven Care</b> <b>Ph: (02) 4232 0475</b> Joyce Wheatley Community Centre, Hindmarsh Park KIAMA NSW 2533
<b>Careways Illawarra</b> <b>Ph: (02) 4262 1918</b> 93-109 Princess Highway DAPTO NSW, 2530
<b>CatholicCare Illawarra / Shoalhaven</b> <b>Ph: (02) 4254 9342</b> 25-27 Auburn Street Wollongong NSW, 2500

<b>Organisation</b>
<b>Community Gateway Wollongong/ Shellharbour</b> <b>Ph: 1300 657 473</b> <b>26 Atchison Street</b> <b>Wollongong NSW, 2500</b>
<b>Community Gateway Shoalhaven</b> <b>Ph: 1300 657 473</b> <b>69 Berry Street</b> <b>Nowra NSW, 2541</b>
<b>Hammond at Home</b> <b>Ph: 1800 826 166</b> <b>56-58 Junction Street NOWRA NSW 2541</b>
<b>Home Care Service of NSW Illawarra North</b> <b>Ph: 1300 881 144</b> <b>168-170 PRINCES Highway</b> <b>DAPTO NSW, 2530</b>
<b>Home Care Service of NSW Illawarra South</b> <b>Ph: 1300 881 144</b> <b>35 Holloway Road</b> <b>NOWRA NSW 2541</b>
<b>Italian Social Welfare Organisation Corrimal</b> <b>Ph: (02) 4228 8222</b> <b>1 Russell Street</b> <b>CORRIMAL NSW, 2518</b>
<b>Italian Social Welfare Organisation</b> <b>Ph: (02) 4228 8222 21 STEWART Street</b> <b>WOLLONGONG 2500</b>
<b>KinCare (NSW) Illawarra &amp; South Coast</b> <b>Ph: 1300 733 510</b> <b>Level 4, 20 LEXINGTON Drive</b> <b>BELLA VISTA NSW, 2153</b>
<b>Multicultural Communities Council of Illawarra</b> <b>Ph: (02) 4229 7566</b> <b>117 CORRIMAL Street</b> <b>WOLLONGONG NSW, 2500</b>
<b>The Disability Trust</b> <b>Ph: (02) 4255 8000</b> <b>100-102 JARDINE Street</b> <b>FAIRY MEADOW NSW, 2519</b>
<b>Shellharbour Respite Care Service</b> <b>Ph: (02) 4257 9036</b> <b>Albion Park Showground Tongarra Road</b> <b>ALBION PARK NSW 2527</b>
<b>WAMINDA Aboriginal Women's Respite "Healing House"</b> <b>Ph: (02) 4421 7400</b> <b>47 Worrigee Street</b> <b>NOWRA NSW 2541</b>
<b>Warrigal Connect Home Support Wollongong</b> <b>Ph: (02) 4230 8143</b> <b>2 Pine Street</b> <b>Albion Park Rail</b> <b>NSW, 2527</b>
<b>Weja Aboriginal Services</b> <b>Ph: 1300 797 606</b>

Organisation
<b>35 Holloway Road</b> <b>NOWRA EAST NSW, 2541</b>
<b>Wesley Mission Home and Carer Support Services Illawarra</b> <b>Ph: (02) 8522 2200</b> <b>10 ENDEAVOUR Road</b> <b>CARINGBAH NSW, 2229</b>
<b>Wollongong City Council Social Support</b> <b>Ph: (02) 4227 7888</b> <b>41 Burelli Street</b> <b>WOLLONGONG NSW, 2500</b>

## CHOOSING IN-HOME or FLEXIBLE RESPITE

### How do I choose an in-home or flexible respite service provider?

There are various things you may find helpful to consider when choosing an in-home service provider. The table below highlights some of questions to ask and things to consider.

#### Questions / Things to consider

#### Notes

<b>What services does the organisation provide?</b> (And what services are you interested in?)	
<b>How are services organised?</b> (Is there eligibility criteria)	
<b>Is there a cost involved?</b> (Is this feasible for you?)	
<b>Can the service cater for specific preferences you have?</b> (e.g., time of day, particular care needs)	
<b>What experience do the staff have with clients with dementia?</b> (What approach do staff take to managing your specific needs?)	
<b>Is it important that you have a regular/consistent staff member?</b> (If so, what efforts does the service make to provide this?)	
<b>Do you have any particular preferences of the staff member providing your in-home services</b> (e.g., gender, language other than English spoken, etc.)	

