

### 3.4 Residential Respite

Residential respite involves the person with dementia staying overnight in a residential centre/aged care home. Residential respite can be arranged on a planned or emergency basis. In emergency/short notice situations, carers use residential respite when they themselves are unwell or unable to provide care for another reason.

Residential respite usually takes place in a residential aged care or can also be offered within a specially designed ‘home’ or ‘cottage’. Most facilities have:

- communal ‘living’ or activity rooms, gardens and/or courtyards
- a staff kitchen
- sleeping areas – single or twin share rooms with suitably modified bathrooms (e.g., handrails and wheelchair access).

Residents can take part in activities similar to those offered at day-centres, such as music, arts and craft, cooking, and games. Some residential respite services organise outings which residents can take part in. Some services include transport to and from the facility, while private transport is necessary for others.

**Planned Respite:** To access planned residential respite services you will need to first arrange for an assessment and approval by an Aged Care Assessment Team. This can be arranged by contacting **My Aged Care** Telephone: 1800 200 422 (8am – 8pm Monday to Friday, 10am – 2pm Saturday), Website: <http://www.myagedcare.gov.au/>

Below is a list of residential aged care providers who provide respite beds within their aged care facilities for frail older people (including those living with dementia). Availability is often limited and it is recommended that you try and plan ahead to book your respite stay.

If you need to access Residential Respite in an emergency you need to contact the **Commonwealth Respite and Carelink Centre** by phoning:

1800 052 222 during business hours (Freecall except from mobile phones)

1800 059 059 outside business hours (Freecall except from mobile phones)

A list of local Residential Care providers with Beds for Planned Respite is provided below.

Organisation	Residential respite – low care	Residential respite – high care	Dementia-specific unit
Allity Coastal Waters Aged Care Ph: (02) 4443 0077	X	X	X

<b>Organisation</b>	<b>Residential respite – low care</b>	<b>Residential respite – high care</b>	<b>Dementia- specific unit</b>
<b>100 The Wool Road WORROWING HEIGHTS NSW 2540</b>			
<b>Boronia Dementia Specific Unit Ph: (02) 4234 1801 61 Belinda Street Gerrigong NSW 2534</b>	X	X	X
<b>Blue Haven Nursing Home Ph: (02) 4232 0475 200 Terralong Street KIAMA NSW 2533</b>	X	X	X
<b>Chesalon Care Woonona Ph: (02) 4284 4129 20 ALICE Street WOONONA NSW, 2517</b>	X	X	X
<b>Chesalon Care South Nowra Ph: (02) 4421 3744 189 Old Southern Road SOUTH NOWRA NSW, 2541</b>	X	X	X
<b>HammondCare Horsley Ph: 1800 776 112 116 SHONE Avenue HORSLEY NSW, 2530</b>	X	X	X
<b>Hillside at Figtree Ph: (02) 4239 5400 190 Princes Highway FIGTREE NSW, 2525</b>	X	X	
<b>Illawarra Diggers Ph: (02) 4283 2533 8 Blundell Parade CORRIMAL NSW, 2518</b>	X	X	X
<b>Illawarra Multi-Cultural Village Hostel Ph: (02) 4276 3212 1 Eyre Place WARRAWONG NSW, 2502</b>	X	X	X
<b>Inasmuch Community Inc Ph: (02) 4441 1666 18 Iverison Road SUSSEX INLET NSW 2540</b>	X	X	X
<b>IRT Culburra Beach Ph: 1800 024 915 976 Culburra Road CULBURRA BEACH NSW, 2540</b>	X	X	X
<b>IRT Diment Towers Ph: 1800 024 915 39-45 Staff Street WOLLONGONG NSW, 2500</b>	X		

<b>Organisation</b>	<b>Residential respite – low care</b>	<b>Residential respite – high care</b>	<b>Dementia- specific unit</b>
<b>IRT Five Islands</b> <b>Ph: 1800 024 915</b> <b>25 Quarry Street</b> <b>PORT KEMBLA NSW, 2505</b>	X	X	X
<b>IRT Greenwell Gardens</b> <b>Ph: 1800 024 915</b> <b>4 Brereton Street</b> <b>NOWRA NSW, 2541</b>	X	X	X
<b>IRT Links Seaside</b> <b>Ph: 1800 024 915</b> <b>171 CORRIMAL Street</b> <b>WOLLONGONG NSW, 2500</b>	X		X
<b>IRT Sarah Claydon</b> <b>Ph: 1800 024 915</b> <b>130 Princes Highway</b> <b>MILTON NSW, 2538</b>	X	X	X
<b>IRT Tarrawanna</b> <b>Ph: 1800 024 915</b> <b>74-80 Caldwell Avenue</b> <b>TARRAWANNA NSW, 2518</b>	X	X	X
<b>IRT William Beach Gardens</b> <b>Ph: 1800 024 915</b> <b>286 Kanahooka Road</b> <b>KANAHOOKA NSW, 2530</b>	X	X	X
<b>IRT Woonona</b> <b>Ph: 1800 024 915</b> <b>6 POPES Road</b> <b>WOONONA NSW, 2517</b>	X		X
<b>Jonathan Rogers GC House</b> <b>Ph: (02) 4422 4488</b> <b>124 Wallace Street</b> <b>NOWRA NSW, 2541</b>	X	X	X
<b>Kennett Home Aged Care Facility</b> <b>Ph: (02) 4294 1275</b> <b>103-107 The Drive</b> <b>STANWELL PARK NSW 2508</b>		X	X
<b>Living Care Clelland Lodge</b> <b>Ph: (02) 4423 6414</b> <b>201 Illaroo Road</b> <b>NOWRA NORHT NSW 2541</b>	X	X	X
<b>Living Care McCauley Lodge</b> <b>Ph: (02) 4267 2135</b> <b>10-12 Tasman Parade</b> <b>THIRROUL NSW, 2515</b>	X	X	
<b>Marco Polo Aged Care Facility</b> <b>Ph: (02) 4272 7700</b> <b>70 Waples Road UNANDERRA</b> <b>NSW, 2526</b>	X	X	X
<b>Opal Aged Care Shoalhaven</b>	X	X	X

<b>Organisation</b>	<b>Residential respite – low care</b>	<b>Residential respite – high care</b>	<b>Dementia- specific unit</b>
<b>Ph: (02) 4421 5911 43 Brinawarr Street BOMADERRY NSW, 2541</b>			
<b>Osbourne House &amp; Osborne Terraces Ph: (02) 4421 6400 54-60 Osborne Street NOWRA NSW 2541</b>	X	X	X
<b>Presbyterian Aged Care Wollongong Ph: (02) 4229 8817 42 Bourke Street NORTH WOLLONGONG NSW, 2500</b>	X	X	
<b>Ridgeview Christadelphian Aged Care Ph: (02) 4235 7600 95 Daintree Drive ALBION PARK NSW 2527</b>	X	X	X
<b>St Luke's Village Ph: 1300 111 278 56 TIMBERI Avenue DAPTO NSW, 2530</b>	X	X	X
<b>St Mary's Retirement Village Ph: 1800 551 834 211 Northcliffe Drive BERKELEY NSW, 2506</b>	X	X	
<b>Uniting Elanora Shellharbour Ph: (02) 4255 6000 7-23 Wallaroo Drive SHELLHARBOUR CITY CENTRE NSW, 2529</b>	X	X	
<b>Uniting Farmborough Unanderra Ph: (02) 4223 7933 91 WAPLES Road UNANDERRA NSW, 2526</b>	X	X	X
<b>Villa Maria Centre Ph: 1800 551 834 13 BLACKMAN Parade UNANDERRA NSW, 2526</b>	X	X	X
<b>Warrigal Care Albion Park Rail Ph: 1800 626 670 2 Pine Street ALBION PARK RAIL NSW, 2527</b>	X	X	X
<b>Warrigal Care Coniston Ph: 1800 626 670 91 BRIDGE Street CONISTON NSW, 2500</b>	X	X	X
<b>Warrigal Care Mt Warrigal Ph: 1800 626 670 5 Rowland Avenue MOUNT WARRIGAL NSW, 2528</b>	X		X

<b>Organisation</b>	<b>Residential respite – low care</b>	<b>Residential respite – high care</b>	<b>Dementia- specific unit</b>
<b>Warrigal Care Warilla</b> <b>Ph: 1800 626 670</b> <b>1 Arcadia Street, WARILLA NSW, 2528</b>	X	X	X
<b>Wollongong Nursing Home</b> <b>Ph: (02) 4271 6855</b> <b>190 Princes Highway</b> <b>FIGTREE NSW, 2525</b>	X	X	

## **CHOOSING RESIDENTIAL RESPITE**

### **What should we consider when choosing a residential respite service?**

When choosing a residential service provider, there are various things to consider. The following points highlight other important factors to consider:

#### **Questions / Things to consider**

#### **Notes**

<b>Where is the facility located?</b> (And is this convenient to you?)	
<b>Are there dementia specific services?</b> (If so, what are they and when are they offered?)	
<b>How are services organised?</b> (Is there eligibility criteria)	
<b>What experience do the staff have with clients with dementia?</b> (What approach do staff take to managing your specific needs?)	
<b>Does the service provide transport?</b> (and if so, are these suitable services for your needs?)	
<b>What activities are available, including outings?</b>	
<b>Is there a cost involved?</b> (Is this feasible for you?)	
<b>If you require particular care arrangements how will these needs be met?</b> (e.g., medical,	

diet, cultural, etc.)	
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## What should we consider when visiting a residential respite service?

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. During these visits, you may find it helpful to take a 'checklist' of things you want to observe during your visit. An example checklist is below:

### Questions / Things to consider

### Notes

<b>How did you feel upon arrival to the centre?</b>	
<b>Did the staff and clients seem cheerful and comfortable?</b>	
<b>Was the centre easy and safe to navigate?</b>	
<b>Was the centre clean and pleasant?</b>	
<b>Was the furniture suitable?</b> (e.g., sturdy, comfortable, etc)	
<b>Was there a quiet place in the centre for individuals to sit if they need a 'break'?</b>	
<b>Were there various activities for residents to take part in?</b> (Also, were modifications made to the activities to encourage individuals with carrying capabilities to participate?)	
<b>Were the sleeping facilities/bedrooms suitable?</b>	
<b>What type of food do they provide and does this suit your preferences?</b>	
<b>Was there a process for you to provide feedback and plan activities?</b>	
<b>Were staff able to explain the services offered by the centre and answer all of your questions?</b>	