

# Respite Options

Type of Respite	Flexible Respite	Centre Based Respite	Cottage Respite	Residential Respite
<b>What is it?</b>	An overnight or day-time respite option that can be in your home or in the community.	A day-time respite option that provides you with the opportunity to talk and interact with other people.	An overnight respite option that is available during the week or over the weekend.	A short-stay respite option best suited if you need ongoing, continuous carer support for most tasks.
<b>Where is it?</b>	A home support worker will support you: - In your home - In the community e.g. visiting places or activities of interest	- At a home-style house - At a day centre.	At a home-style house.	In a residential facility.
<b>How much can I receive?</b>	To be negotiated depending on your care needs.	To be negotiated depending on your care needs.	To be negotiated depending on your care needs.	Up to 63 days a year.
<b>How do I get there?</b>	A home support worker will come to you.	A home support worker can provide transport if required.	A home support worker can provide transport if required.	A home support worker can provide transport if required.
<b>When is it open?</b>	7 days a week.	7 days a week, depending on location.	7 days a week, depending on location.	7 days a week.
<b>Are meals provided?</b>	The home support worker can assist you to prepare a meal from your kitchen or you can visit a restaurant for a meal of your choice.	Delicious home-cooked or professionally prepared meals, suited to your preference and dietary requirements.	Delicious home-cooked meals, suited to your preference and dietary requirements.	Delicious professionally prepared meals catering to any dietary requirements.
<b>What does it cost?</b>	Client contribution required.  Call Resthaven community services on <b>1300 13 66 33</b> to discuss.	Client contribution required.  Call Resthaven community services on <b>1300 13 66 33</b> to discuss.	Client contribution required.  Call Resthaven community services on <b>1300 13 66 33</b> to discuss.	Please enquire, cost based on aged pension. Call Resthaven's accommodation enquiries team on <b>8373 9113</b> to discuss.
<b>How do I access it?</b>	Contact My Aged Care for an assessment.	Contact My Aged Care for an assessment.	Contact My Aged Care for an assessment.	Contact My Aged Care for an assessment.