



# Support Works

Te Roopu Tautoko

**CARER SUPPORT and RESPITE OPTIONS**  
For Ministry of Health Funded clients



## *Information to help you have breaks from providing unpaid care*

*Please use your full carer support and respite allocation as it can result in improved physical and mental health. Carers of relatives who fully use their respite allocation often experience lower levels of care giver related stress giving them improved personal and family well-being. If you are unsure of what anything means in this publication please use our contact details on the back page to ask us to explain.*

[www.nmdhb.govt.nz/supportworks.aspx](http://www.nmdhb.govt.nz/supportworks.aspx)

# Carer Support

*Support Works can, following an assessment, allocate Carer Support and Respite options for a person who is eligible for this kind of support. This is to enable a full time unpaid carer to take a break or it can be used to cover an emergency such as illness in the family.*

## What is Carer Support?

Carer Support is a subsidy funded by the Ministry of Health. It is designed to assist the unpaid full-time carer of a person with a disability to take a break from caring for that person. A full time carer is someone who provides more than four hours a day unpaid care to a disabled person. Carer support provides reimbursement of some of the costs of using a support person to care for the disabled person. Carer Support is not expected to cover the full cost associated with taking a break.

Use of carer support days is subject to the Ministry of Health's Sector Services Carer Support Guidelines. It is the full-time carer's right to choose and co-ordinate their relief support. Carer Support can be used in, hours, half day, daily, weekly and/or a bulk block. Or it can be any combination of these as long as the person does not exceed their annual allocation. A half day is defined as over four hours and up to eight hours. A full day is eight hours up to 24 hours.

## How can I use my Carer Support?

Carer Support is designed to be flexible and can be paid to friends, some family members or neighbours who provide care.

Carer Support cannot be used

- While the full-time carer is at work
- By the parent or partner of the disabled person
- To convalesce after discharge from hospital
- If the support carer lives at the same address as the full-time carer

If you are using Carer Support, the Dunedin office of the Ministry of Health Sector Services will post you information about how to claim. If you have not heard from them in two weeks please contact Support Works on (03) 5463980 or 0800 244 300. They will follow this up for you. For ongoing queries regarding Care Support, please contact the Ministry of Health on 0800 281 222 (press 1).

Informal Carer Support Carers are not taxed on the payments they receive. They are not GST registered for Carer Support.

# Options for Accessing Formal Carer Support

## **Formal Carer Support**

GST registered for Carer Support. Carers will be taxed and have to provide a tax invoice with each claim.

## **Care Solutions**

*Nelson (03 548-0888 or 0800 15 33 20) or caresolutions@xtra.co.nz*

*Care is provided in a home environment for both children and adults with an intellectual, sensory or physical disability.*

## **Home To Home**

*Wairau (03 578-1170) [www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz)*

*Care is provided for in a home environment for children aged between 0-17 years who have an intellectual, sensory or physical disability.*

## **Respite Options**

Respite is care in a residential facility contracted by the Ministry of Health. For individuals with very high needs. Please contact your needs facilities assessor if you wish to use any of the below

## **IDEA Services**

*Nelson (03 538-1100) Wairau (03 578-0949) [www.ihc.org.nz](http://www.ihc.org.nz)*

*IDEA Services provide respite for people with an intellectual disability.*

## **Trolove Place**

*IDEA Services Nelson (03 547-4715) [www.ihc.org.nz](http://www.ihc.org.nz). This home provides respite for children with intellectual disabilities and with high needs and aged between 3 and 20 years.*

## **Intellectual Disability Support Services. (IDSS) Nelson**

*(Nelson Marlborough District Health Board) phone (03) 546-1671 Fax (03) 546 -8759 [www.nmdhb.govt.nz/DisabilitySupport.aspx](http://www.nmdhb.govt.nz/DisabilitySupport.aspx) Email: [idss@nmhs.govt.nz](mailto:idss@nmhs.govt.nz)*

*IDSS provides respite for adults with an intellectual disability or physical disability.*

## **Rest Home & Hospital Level Care**

*Your Support Works needs assessor will advise you of choices available.*

