

RESPIRE OPTIONS

FOR DISTRICT HEALTH BOARD (DHB) FUNDED CLIENTS

The respite services described in this booklet are available to clients who have been assessed by Support Works Health of Older People Team. Respite is allocated 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.

Whether using (formal) residential or carer at home, it is encouraged that you monitor the number of days you use to ensure the payment is covered. Please use the table on the back page. Respite is allocated as days per year. Unused days do not carry over to the next year.

Ensure that you read any admission information when booking into a residential facility.

Please be aware that respite taken above what is allocated will be charged directly to the client/family.

We encourage you to use your respite allocation. Carers who fully use their respite often experience lower levels of caregiver related stress giving them improved personal and family wellbeing.

If you are unsure of what anything means in this publication, please contact us and we can answer your queries.

If at any stage your needs or circumstances alter significantly, contact the Referral Co-ordinator or your Support Works Case Manager to request a review. We will contact you at least annually to review your support needs.

Nelson 0800 244 300 or 03 539 3976

Blenheim 0800 244 300 or 03 520 8765



THERE ARE TWO TYPES OF RESPITE

1 FORMAL RESPITE (residential respite provided in an aged care facility)

We can provide you with a list of facilities to choose from.

For those in the **Nelson area**, Stillwater Gardens in Richmond and Jack Inglis Friendship Hospital in Motueka each have a dedicated respite bed. These beds can be used by someone who requires rest home level respite or hospital level respite (continuing care).

These beds are not able to accommodate someone needing a secure environment because of severe dementia.

If you would like to use either of these facilities please contact Support Works to make the booking for you. For any other residential facility, you contact the facility directly to book the dates.

For those living in the **Blenheim area**, Ashwood Park has a dedicated respite bed and the above applies. Please contact Support Works if you wish to book this facility. Any other residential facility you contact directly to book the dates.

Note other services funded by Support Works stop whilst you are using your respite allocation in a residential facility.

FORMAL RESPITE CANNOT BE USED AS A TRIAL FOR RESIDENTIAL CARE OR FOR CONVALESCENCE FOLLOWING A HOSPITAL STAY



2 Carer support is care provided in your own home or in the home of the care worker. You may already know someone who can provide this care. This person can be a friend or neighbour or relative, as long as it is not someone who lives at the same address as the full time carer.

Carer Support can be used in half day, daily, weekly or any combination of these as long as the person does not exceed their annual allocation.

When allocation is made by Support Works, we will notify the Ministry of Health who process the allocation and post you information and claim forms. If you have not heard from them within two weeks please contact our office and we will follow this up for you. Carer Support carers are not taxed on the payments they receive and are not GST registered for carer support.

For ongoing queries regarding Carer Support or for more claim forms please contact the Ministry of Health on 0800 281 222 and press 1.

We advise that if you are using an agency to provide the Carer Support that you check with them as some extra charges may apply.



**THESE ARE AGENCIES WHO MAY PROVIDE CARER SUPPORT,
IF YOU DO NOT KNOW ANYONE WHO CAN DO THIS FOR YOU.**

NAME OF AGENCY	DESCRIPTION	CONTACT DETAILS
<p>The Good Companion PO Box 36 401 Christchurch</p>	<p>The Good Companion provides care and companionship to elderly and convalescing clients. Supports can include personal care, palliative care, 24 hour care, overnight care, medication reminder, doctor and hospital appointments, shopping, cooking and household tasks.</p>	<p>Nelson Manager - Jane Hazlett 0800 323 717</p> <p>03 327 7177 info@thegoodcompanion.co.nz www.thegoodcompanion.co.nz</p>
<p>Miranda Smith Homecare</p>	<p>Miranda Smith Homecare provides quality home-based care for the elderly, disabled and those convalescing.</p>	<p>0800 11 20 10 (04) 475 8875 info@mshomecare.co.nz www.mshomecare.co.nz</p>
<p>Life Giving Home Support Service: Nelson only</p>	<p>Caring for the whole person 'Body, Soul, and Spirit'. We offer a private home based business to our clients: Taking clients shopping, to appointments, support with personal cares, housework, companionship and encouragement.</p>	<p>Lorraine McClunie (03) 545 7556 lifeghss@gmail.com</p>
<p>Carol's Home Support – Blenheim only</p>	<p>I will do my best to provide you with the care you deserve and want. I am a qualified caregiver with over 20 years experience in the UK and NZ.</p>	<p>Carol Singleton 03 579 6411 homesupport@slingshot.co.nz</p>

Provider Name	Date Service Started	Date Service Completed	Number of Days Remaining
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RESPIRE DAYS USED

SUPPORT WORKS – TE ROOPU TAUTOKO

www.nmdhb.govt.nz/SupportWorks

Email:support.works@nmdhb.govt.nz

FREE PHONE 0800 244 300