



# Fact Sheet

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Last Updated November 2003

## Respite Care

The following information has been compiled to assist people who require assistance to remain living in their own home. For further information please phone the CPSA InfoLine on (02) 9281 3588 or 1800 451 488 (regional) or refer to the organisations listed.

### What is respite care?

- Respite care is a form of support for carers that allows them to focus attention on everyday activities and to give them a break from their caring role.
- Respite care can be provided in your own home, in a community based day centre or in residential aged care facilities.
- In-home respite involves having a qualified carer come to your home to care for the person while you go out for a break, take a holiday etc. Respite may be for a couple of hours, a full day, overnight or longer.
- Residential respite involves taking the person you are caring for to another place (eg hospital, residential aged care facility etc) where they will be cared for in your absence.

### Who is eligible?

- Any person who cares for another person can ask for respite care. An assessment will need to be undertaken in order to ascertain your level of need versus the needs of others.
- All Australians assessed as needing respite care may receive up to 63 days of respite in a financial year.

### What types of respite care are available?

- In-home respite care
- Residential respite care
- Day care programs
- Weekend and holiday programs
- Community recreation activities

### **What costs are involved\*?**

- People who use residential respite in Commonwealth subsidised aged care facilities can be asked to pay a maximum of \$25.73 per day.
- A booking fee may also be charged to assist in arranging respite care and secure a respite place. This deposit will form part of the fees owed and is not an additional fee.
- Community-based respite centres charge a sessional fee – this can be for a half or full day.
- In-home respite is charged at an hourly rate.
- In some cases of emergency or one-off respite care limited financial assistance may be available.

### **Do I have rights?**

Yes. You have the following rights when using respite care:

- To receive information that is easily understood.
- To have your lifestyle, cultural and religious preferences respected.
- To be treated with dignity and to have your privacy respected.
- To be able to complain about services without fear of reprimand.
- To choose an advocate to act or speak on your behalf.

### **FOR FURTHER INFORMATION**

- **Commonwealth Carer Resource Centre** – Phone 1800 242 636
- **Commonwealth Carer Respite Centres** – Phone 1800 059 059
- **Commonwealth Carelink Centres** – Phone 1800 052 222 or visit the website [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

**This information was correct at the time of printing.**

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\* Fees quoted are from Australian Government Department of Health and Ageing for the period September 2003 to March 2004.