

Respite Care Fact Sheet

Brisbane Area



Placing Carers First

This Factsheet is intended as a guide only. It was developed to assist carers to navigate the maze of services available. It provides details of services in your area and explanations of terms used and eligibility criteria where relevant. Every effort was made at the time of printing to ensure the accuracy of information.

Frequently asked questions:

What is respite?

Caring can be rewarding as well as being physically and emotionally demanding. So, from time to time, carers may need to take a break from their caring role.

Carers may also need help for a specific period. For example, if you are ill or recovering from an illness. These types of breaks are called carer 'respite'.

Respite may be given informally by friends, family, neighbors or by formal respite services. These formal services provide a paid worker called a "support worker" to look after the person you usually care for to give you that break.

Who is eligible for respite?

Most formal respite is provided as a result of a **needs assessment of the "Care recipient" (the person that you care for).**

For recipients aged **18 - 65 years contact Community Access point 1800 600 300**

For recipients aged **65 years & over call My Aged Care – 1800 200 422**

- *Community Access Point assessment:* Your care recipient is interviewed by an assessor who conducts a series of questions and observations which are recorded as the "ongoing needs assessment".
- *ACAT assessment:* The recipient usually needs to have "complex care needs" as a result of two or more chronic medical conditions, or one severe condition. ACATeams do not generally help you find respite services just provide eligibility assessment.
- *RAS assessment:* For people over 65 yrs with moderate needs. Carers and care recipients are interviewed through holistic re-ablement model. Assessor can help you find services

•

You can get contact details for all assessments from the Carer Advisory Service (CAS) of **Carers Queensland Ph. 1800 242 636**

Who provides respite?

- Respite care is funded by Community Access Point and QCCS which provides and brokers respite for more permanent (ongoing) situations (on a weekly/ fortnightly/ monthly basis)
- The Commonwealth Respite and Carelink Centres (CRCC) which can assist you in arranging emergency respite. This can only usually apply once or twice a year.

What types of formal respite services are there?

There are several types of respite available, including the following:

- **In home respite** with care starting from a few hours a fortnight. This type of service may be provided on a regular basis (ie, weekly, fortnightly or monthly basis)
- In a **Day respite** centre which provides half day or full day care, usually on a regular basis at an aged care facility
- **Residential respite** in an aged care home for a block of time.

How do we access respite?

Commonwealth Respite and Carelink Centres specialise in helping people find short term emergency respite services in their local area. Call your **Commonwealth Respite and Carelink Centre** from anywhere in Queensland on **1800 052 222**. CRCC's apply the government subsidies towards respite bookings. For support outside standard business hours, call **1800 059 059**.

If respite is needed for people with a disability under 65 yrs, please contact your local Disability Services office and speak to one of the intake officers who will assist you with your request. You can call Disability Services on **1800 177 120**.

How much does respite cost?

The state/ federal governments pays the majority of fees for eligible clients, however, sometimes a small co payment is charged.

More information on fees is available at <http://www.myagedcare.gov.au/national-respite-carers-program> or by contacting My Aged Care on **1800 200 422**.

Where do I go for more information?

- Commonwealth Respite and Carelink Centres **1800 052 222** or for outside standard business hours **1800 059 059**.
- Carers Queensland – **Carers Advisory Service 1800 242636**

About Carers Queensland

Carers Queensland Inc. is the state wide peak body dedicated to improving the lives of all unpaid and family carers. Carers Queensland provides information, support and services, researches and advocates for carers' needs to government and promotes awareness of carers within the community. There are approximately 500,000 unpaid carers in Queensland.

Learn more about Carers Queensland at www.carersqld.asn.au

Carers Queensland Inc. ABN 20 061 257 725