

Respite Care Fact Sheet

Brisbane Area



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 people aged 65 years or over, please contact My Aged Care on 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" or ONI.
- *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. Clients must be over 70 years or over (50 years or over if an Aboriginal and Torres Strait Islander client) to be eligible.

The Queensland State Government is funded to provide Community Care Access Point services through Queensland Community Care Services (QccS) for **care recipients 18- 65 years of age**. Call 1800 600 300 for an assessment.

You can get contact details for all assessments from the Carer Advisory Service (CAS) at **Carers Queensland on 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 information on services in their local area. Call your **Commonwealth Respite and Carelink Centre** from anywhere in Queensland on **1800 052 222**. Limited financial assistance towards respite may be available in cases of emergency or one-off situations. For support outside standard business hours, call **1800 059 059**.

If respite is needed for people with a disability, 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 and Federal governments will pay 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?

- Call Commonwealth Respite and Carelink Centre on **1800 052 222** or outside standard business hours call **1800 059 059**.
- Visit Commonwealth Respite and Carelink Centre at www.commcarelink.health.gov.au

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