



# Is respite covered by the NDIS?

## Respite is an area that has caused confusion for some people transitioning to the NDIS.

Initially it was believed that respite would not be offered as part of funding packages, because it was thought to benefit family/carers, rather than the person with a disability who receives the funding.

The NDIA now recognises that sustaining the informal support of family or carers is very important in meeting the needs of people with a disability and maintaining close supportive relationships.

Overwhelming caring responsibilities and other factors such as illness and ageing can place carers' wellbeing at risk and compromise their ability to continue in the caring role.

There are three levels of respite-like supports available for funding as part of plans:

**Level 1:** 7 to 14 days per year to allow the carer to attend key activities

**Level 2:** 14 to 28 days per year and includes a strategy to build capabilities for future independence.

**Level 3:** Equivalent of 28 days per year, when the carer provides support most days and informal support is at risk of not continuing due to the intensity of the support required or severe behavioural issues.

These levels of support will be determined by the level of disability and intensity of support required from family or informal carers, and other commitments – like work or study – of carers.

Respite is also an opportunity for the person with a disability to build on life skills, social and community participation and independence.

Higher levels of respite may be provided where there are:

- Unstable sleep patterns
- Invasive medical supports
- A lot of behavioural management
- More than one child with disability in the household
- Other assistance actively required overnight

Currently there is no item listed under NDIS specifically as 'respite', which has caused confusion. However, respite is available but in ways you may not be used to describing, such as:

- Short term accommodation and assistance
- Assistance in living arrangements (host family/alternative family) solution
- Assistance with self-care overnight (different levels)

For more  
information



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If you'd like to add these to your plan, the item numbers from the NDIS Price Guide associated with the various options are:

Support category	Support item	Support item ref no.	Description
Assistance in a shared living arrangement	Short term accommodation and assistance	01_045_0115_1_1	Integrated support for self-care, accommodation, food & activities in a centre or group residence for short periods. Includes all expenses in 24 hour period with no additional loading. May be used for up to 14 consecutive days, then weekly rates apply.
Assistance in a shared living arrangement	Assistance in living arrangements (host family/alternative family situation)	01_026_0115_1_1	Agreement for a participant with high support needs to stay with a host family. The host family will have minimum qualifications & provide support in the home for the agreed time. The quote will reflect the hours of assistance required & length of stay.
Assistance with self-care activities: overnight	Overnight monitoring of self-care - off site or onsite, on call (incl 1 hr assist)	01_017_0107_1_1	Overnight on-call assistance with, or supervision of, personal tasks of daily living.
Assistance with self-care activities: overnight	Assistance with self-care - night-time sleepover	01_010_0107_1_1	Assistance with, or supervision of, personal tasks of daily living where overnight support is needed, but the care giver can sleep when not required to provide support.
Assistance with self-care activities: overnight	Assistance with self-care - active overnight	01_002_0107_1_1	Assistance with, or supervision of, personal tasks of daily living where overnight support is needed and the care giver will not have the option to sleep
Assistance with self-care activities: overnight	Assistance with self-care – overnight - higher intensity	01_018_0104_1_1	Assistance with, or supervision of, personal tasks of daily living where intensive overnight support is needed and the care giver will not have the option to sleep
Assistance in a shared living arrangement	Short term accommodation and assistance	01_045_0115_1_1	Integrated support for self-care, accommodation, food & activities in a centre or group residence for short periods. Includes all expenses in 24 hour period with no additional loading. May be used for up to 14 consecutive days, then weekly rates apply
Assistance in a shared living arrangement	Assistance in individual living arrangement for person with complex needs	01_046_0115_1_1	Assistance in individual living arrangement for person with complex needs
Assistance in a shared living arrangement	Assistance in living arrangements (host family/alternative family situation)	01_026_0115_1_1	Agreement for a participant with high support needs to stay with a host family. The host family will have minimum qualifications & provide support in the home for the agreed time. The quote will reflect the hours of assistance required & length of stay.

In a nutshell this means that respite options in your area are able to be funded as part of your plan, providing you're eligible.

Endeavour Foundation offers a range of respite options including:

- Flexi-respite
- Centre-based day respite
- Centre-based respite
- Overnight respite
- Vacation/sibling respite.

For more information on respite options at Endeavour Foundation, [click here](#).

#### Other useful links:

- NDIS 'Supports for Sustaining Informal Supports' <https://myplace.ndis.gov.au/ndisstorefront/operational-guideline-planning-and-ass-6.html>
- Other family supports available from the NDIS: <https://myplace.ndis.gov.au/ndisstorefront/families-carers/family-supports.html>

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