

## Getting respite under the NDIS



Respite provides a short break for both you and your child. It usually means that someone else cares for your child.

### Why is respite important?

Respite is important for a number of reasons, but mainly because it gives you and your family a break from the physical and emotional demands of caring.

### What does respite look like?

NDIS funded respite can be for a few hours or can involve your child going away overnight. It all depends on your child's age, stage and the needs of your child and family.

Examples:

- A Support Worker who spends time with your child and helps them to enjoy social activities and participation in the community
- A Support Worker who helps your child with self-care
- Your child participating in activities during the day as part of a group or going away on camp

### What NDIS support line items can fund respite?

Respite is funded out of Core Supports. A number of support line items can be used, depending on the goals for your child.

These can include:

- Assistance with daily life
- Improved health and wellbeing
- Improved daily living skills
- Improved relationships
- Improved life choices
- Assistance with social and community participation
- Increased social and community participation
- Assistance with daily living at home, in the community, in education and at work
- Short-term accommodation (covers camps)
- Specialised home-based assistance for a child
- Night time sleepover support

## How do I get respite in my child's NDIS Plan?

You need to provide evidence of:

- How much more support you provide to your child compared with a similar aged child without disability
- What support is required to help you continue to care for your child. For example, the number of support hours needed during school holidays, on weekends or for overnight care
- How the support will benefit your child, such as increased independence and helping your child participate in the community
- How the support will benefit you and your family, such as the capacity to work or study, catch up on sleep, maintain health and friendships, and continue to care
- What respite support you have received in the past

### Good evidence for respite

It's important to provide evidence of why you need respite care.

You can:

1. Document what caring for your child involves and why you need respite to help you to continue to care. This can include:
  - A spreadsheet recording how much time you spend caring for your child. Make sure you include all the administrative tasks involved with your child's care
  - A detailed diary describing the care you provide over 24 hours or over one week
  - A video of how caring for your child is different from caring for a child without disability
  - A timetable of what a week looks like, including appointments
2. Ask your child's therapists to include in their reports information about the additional care your child needs compared with a similar aged child without disability.
3. Write a Carer Statement that talks about the impact of caring for your child. It can also include information about your family situation, such as having more than one child with disability.

### What are the costs relating to respite?

If a Support Worker is taking your child out for an activity, you will need to cover the ticket or entry costs for your child. If a Support Worker is accompanying your child, you need to pay for their ticket or entry costs as well, unless your child has a Companion Card and the Support Worker can get in for free.

### Useful links

[Companion Card](#)

[Carer Gateway](#)

### Related topics

[Writing a Carer Statement](#)