HOPe TOGETHER

Respite program for caregivers

Hope Together is committed to delivering high quality services that empower children and young people who have experienced the impact of trauma to lead fulfilling lives.

Be involved

Interested in joining us? Learn more about staff opportunities and how you can make a difference.
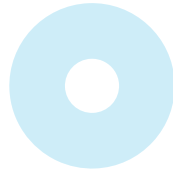
Contact us on 1300 259 297

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HOPe TOGETHER

Providing relief for caregivers while delivering trauma-informed care to children and young people.

Service Excellence Certificate

About this program

Our Respite Program is an established initiative that provides relief for caregivers while contributing to the development and wellbeing of children and young people through trauma-informed care.

We are dedicated to supporting children and young people, regardless of their NDIS status or out of home care situation.

Our approach

Our program uses trauma-informed principles to provide support:

- **Safety:** Creating an environment where children feel physically and emotionally secure.
- **Connection:** Building strong, healthy relationships to provide support and a sense of belonging.
- **Coping:** Encouraging the development of emotional regulation and problem-solving skills.
- **Trustworthiness:** Developing reliable and transparent mentor-mentee relationships.
- **Empowerment:** Promoting autonomy, resilience, and personal growth.
- **Cultural sensitivity:** Respecting and honouring diverse backgrounds and lived experiences.

Our respite services

In-Home respite care

We provide trained support workers to care for children within their homes, offering familiarity and comfort.

Respite care accommodation

We have specialised housing options for short-term stays with qualified trained staff.

Individual mentoring

Personalised mentoring is available to support individual growth and development.

Our trained support workers

Our staff are equipped to handle a range of needs, including medical, behavioural, and emotional support. We emphasise cultural competency and are trained in trauma-informed methods to effectively prevent and manage crises, promoting a therapeutic environment.

Our program objectives

- Provide temporary relief for caregivers
- Enhance social and developmental skills
- Ensure safety and well-being
- Apply trauma-informed care principles