



Respite Program Overview



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.



About the program

Our relief for caregivers is designed to accommodate varying lengths and types of respite care, from a few hours to overnight stays, based on family needs.

Program objectives

- **Provide temporary relief for caregivers:** We offer short-term care solutions to alleviate the demands on primary caregivers and promote family wellbeing.
- **Enhance social and developmental skills:** Our program creates opportunities for children to engage in activities that contribute to social interaction, independence, and personal growth.
- **Ensure safety and wellbeing:** We maintain a secure environment that caters to the physical and emotional needs of participants.
- **Apply the three pillars of trauma-informed care:** Our approach focuses on safety, connections, and managing emotional impulses to support healing and resilience.



How does the program work?

Eligibility assessment

Inclusive criteria: Our services are open to all children and young people, regardless of disability, cultural, or religious beliefs.

Service delivery

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.

Staff training and qualifications

Specialised training: Our staff are equipped to handle a range of needs, including medical, behavioural, and emotional support.

Cultural competency: We train our staff to address the diverse backgrounds of participants, promoting inclusivity and respect.

Individualised care plans

Personalised support: We develop care plans tailored to each child's unique needs, preferences, and goals.

Family collaboration: We engage families to align respite services with their expectations and requirements.

Funding and accessibility

NDIS participants: We assist families in navigating NDIS funding to cover respite services, ensuring compliance with current guidelines.

Non-NDIS participants: A clear fee schedule is provided, and we explore alternative funding options to ensure accessibility if required.

Monitoring and evaluation

Feedback mechanisms: We implement regular assessments to evaluate the effectiveness of the respite services and identify areas for improvement.

Outcome measurement: We track participant progress in areas such as social skills, independence, and overall well-being.

Strength of our program

Regulatory compliance: We adhere to national and state regulations governing child and disability services to ensure program legitimacy and safety.

Flexibility: Our program is designed to accommodate varying lengths and types of respite care, from a few hours to overnight stays, based on family needs.

Community partnerships: We collaborate with local organisations, schools, and healthcare providers to create a supportive network for participants and their families.





Three pillars of trauma-informed care

Our program uses three pillars of trauma-informed care to provide support:

Safety: Creating an environment where children and young people 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.



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