

What are my options for respite during Alert Level 3?

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Consider asking someone within your bubble to help you have a break

If there is another person in your bubble, you could ask them to provide the care that you or your family need so that you can have a break.

If there isn't someone in your bubble who could provide the care you or your family need, you could ask them to help you out with other things, so that you can share responsibilities within your bubble.

Carers NZ also has some information about respite - <http://carers.net.nz/respite>.

Consider extending your bubble to help you have a break

For Alert Level 3, you must still stay at home in your bubble, but you can start to include close family or caregivers in your bubble (this is an extended bubble).

This means that if you don't have another person in your bubble that could provide care that you or your family needs, you can ask someone outside of your bubble.

You should only choose someone who does not already have a large bubble, who is not at risk, and who would not put your bubble at risk. As a general rule, try to keep the number of people in your bubble as small as possible.

For more advice about who should be in your bubble go to: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-information-disabled-people-and-their-family-and-whanau>

Providers should be supporting you in different ways because all respite facilities are closed

All respite facilities are closed during Alert Level 4 and 3. Providers should be supporting you in alternative ways such as getting in contact with you over the phone or internet.

Emergency respite may be available

If you are concerned about your wellbeing or the wellbeing of your family or whānau, and/or feel desperate for support you should talk to your NASC immediately. Emergency respite within a disability support service may be available. You should make your concerns clear when you talk to your NASC.

Please note that if you or your family or whānau are placed in emergency respite in a location other than your home (outside of your bubble) you or they may have to be isolated for a period of time even if you/they do not have COVID-19.

You can use Carer Support more flexibly

Rules for the use of Ministry of Health funded Carer Support have changed for all alert levels so that:

- you can pay family members who live with you to be your relief carers
- relief care can be used even when you are doing your other paid work (even if you are working from home)
- you can use your Carer Support funding to buy things that will provide you with respite, as long as you stay within your total budget. Examples are art and craft supplies, books or DVDs.

To claim your Carer Support, please send in your Carer Support forms as usual and, if possible, attach receipts for any goods you have purchased.

If you have not received any relief care, you do not need a signature from a relief carer on your Carer Support forms. Payments will continue to be made in half days or days as usual.

Specialist Behaviour Support is available over the phone

Living in close confinement with others and not being able to go out when you want to can be stressful for everyone, tensions can rise and behaviour can change.

Whānau and support workers can call 0800 000 421 to receive wellbeing and behaviour support advice and support from Explore Behaviour Specialists. You can call from 8am – 8pm Monday to Friday.

Explore are experienced at giving practical advice and support to whānau, children, adults, support workers and organisations to support their wellbeing. You can find out more, and access some resources, here: <https://www.healthcarenz.co.nz/explore-specialist-advice/>.