

RESPITE SERVICES



The Spastic Centre provides a number of respite choices and encourages people with a disability, their families and carers to use these services. Respite benefits parents and carers by giving them a short break and a chance to re-charge. It also helps people with disabilities by providing opportunities to develop new skills and meet new people.

Residential Respite Services

Residential respite allows people with a disability to stay overnight in a friendly, home-like environment and participate in a range of social and recreational activities.

Castle Hill Respite House

Available to children nine years and over with a physical disability

Chester Hill Respite House

Available to adults with a physical disability

St Ives Respite House

Available to adults with a physical disability

Time Out Project

This is a brokerage model of respite available to families in Central and Orana Far West areas of New South Wales. It provides packages of flexible respite options annually to a specified number of families who have a member with a disability. (Bookings and inquiries through Pathways in ROADSS – see below).

Recreational Respite

Some programs of The Spastic Centre run recreational activities for children and adults. These programs offer service users the opportunity to try some new activities and provide respite for their parents and carers. Activities may include annual camps for children and social activities for adults. Programs are not available in all regions.

Further Information

For respite information and bookings, or for direction on other services that may meet your needs, contact:

1300 888 378



The Spastic Centre
321 Mona Vale Road
Terrey Hills NSW 2084
PO Box 184 Brookvale 2100

T 61 9479 7200
F 61 9479 7291
E scnsw@tscnsw.org.au
W www.thespasticcentre.com.au

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