

How to get respite care

Subsidised respite care in an in-home or community care setting is available through the Commonwealth Home Support Programme (CHSP). Narrogin Regional Homecare is funded to provide CHSP Respite.

You will need to be assessed to determine what type of care suits your needs and situation.

Residential Respite

A respite bed in a residential care facility generally has to be booked in advance, although in cases of emergencies it can be organised quite quickly.

To access respite in a residential care facility you'll need to be assessed by an Aged Care Assessment Team (ACAT) to decide the level of care you require.

Who provides respite care

Flexible Respite care is offered in the Wheatbelt by Narrogin Regional Homecare and Residential Care Facilities.

A local service

*Country people
serving country people*

Funded by:

The Australian Government Department of Health
Commonwealth Home Support Program (CHSP)

Governed by:

Shire of Narrogin



Flexible Respite



Narrogin Regional Homecare

Serving the Shire of Narrogin and region



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Caring for a loved one is a valuable and rewarding job but also a tough one, and as a carer it's easy to forget about your own well being.

Your carer might be struggling to balance work, family and friends while caring for you. Maybe they need some time to go to an appointment, would like time to visit friends, go on a holiday or simply feel like they need some time away from it all.

Having a break from the caring role can help relieve stress and help you both to recharge, which will ultimately benefit both you and your carer.

Whether it is for a couple of hours, a few days or a number of weeks, respite care can give your carer the time to do activities for themselves while knowing that you are well looked after.

In-home respite

A Support Worker will come to your home to look after you, so your carer can go out for a few hours, or they will take you out for a coffee or a walk. This type of respite is available during the day or overnight.

Centre based day respite

Through centre based respite care you can attend social and recreational activities in a centre based setting for a couple of hours during the day. The centre is staffed by trained respite Support Workers.

Overnight or weekend respite

A respite support worker will come stay with you overnight to look after you, or you can spend the night away from home in a respite facility.

Community access respite

Provided either individually or in a group, a care worker will accompany you to a community based activity like a social event or outing. This gives you the opportunity to have a social experience and interact with others.

Residential respite

If your carer needs to go to hospital or would like to go on a holiday, but you need help every day, you can move into a residential care facility for a short stay to receive respite care. You'll return home when your carer is back to care for you.

Emergency respite

If you need respite urgently, for example because your carer suddenly falls ill and can't look after you, you can contact your local Commonwealth Respite and Carelink Centre on 1800 052 222 during business hours, or 1800 059 059 for emergency respite after hours.

When respite care is needed

There is no fixed time for when to use respite care but it is best not to wait until you or your carer are too stressed or overwhelmed with the caring responsibilities before considering.

If your carer feels like they need a break, they should trust their instincts and try not to feel guilty. It is important they look after themselves so they can continue to care for you.

Sometimes it is a good idea to start respite early so you can get used to someone else looking after you and become familiar with a new place.

You can also use respite care in a residential care facility as a way of finding out about the quality of care before deciding if the facility is a good place for you to permanently move into.