



# 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.

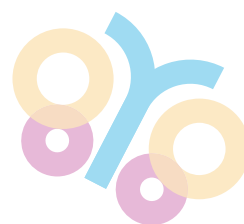
**Outcome measurement:** We track participant progress in areas such as social skills, independence, and overall well-being.

### 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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