Time for a Break
2017 edition

A guide to respite care in Southern Melbourne
**Time for a Break online**

Time for a Break (TFAB) has been produced by MOIRA since 1991. Funded by the Department of Health and Human Services (South Division areas of Bayside Peninsula and Southern Melbourne) and MOIRA.

You can also access TFAB online 24 hours a day at moira.org.au

The online version includes links so you can access service providers directly.

At MOIRA we are committed to ensuring that people with disabilities and their families receive the support they need to be able to access respite and recreation in the community. Some part of that support is around having ready access to relevant information; that’s where TFAB comes in.

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**Respite South**

The Respite South website is an online information service about disability respite and recreation and carer support options in the South Division areas of Bayside Peninsula and Southern Melbourne. It is a wonderful guide for people seeking more information about the wide variety of services available.

Respite South has a lot to offer. Parents, carers and people with a disability can subscribe to the free weekly e-newsletter, which is full of upcoming events and activities such as camps, supported holidays and ongoing recreation opportunities.

You can also search for services using the Respite Finder directory or browse the online library, both of which contain a comprehensive array of tools and resources.

Respite South is part of the Respite Victoria network of respite websites established by the Department of Health and Human Services and is managed by Alfred Health Carer Services. Go to page 19 for information on how to use it.

Website: respitesouth.org.au
Welcome to Time for a Break (TFAB), a guide to respite care for people with disabilities and their families.

This guide covers the local government areas of Bayside Peninsula – Port Phillip, Bayside, Glen Eira, Stonnington, Kingston, Frankston and Mornington Peninsula and Southern Melbourne – Dandenong, Casey and Cardinia.

In past years these Local Government Areas comprised the Southern Metropolitan Region but are now part of the South Division.
Respite activities

74  Recreation, leisure & vacation care
76  Arts, dance & music
84  Camps & supported holidays
92  Community access
103 Family holidays & weekends away
109 Out of school hours care
112 School holiday programs
118 Social groups
123 Sports

Directory

136 Respite services at a glance
142 Respite activities at a glance
152 Notes
156 Feedback & updates
157 Contacts for assistance
Is respi for you
te?

[Image of a person with flowers.]
Respite care enables people caring for a person with a physical, intellectual or neurological disability, ABI or sensory impairment, to have a break from the demands of caring for that person.
What are the benefits of respite care?

Respite provides a positive experience for the person with a disability.

Where can respite care be provided?

Respite can be provided by trained care givers in the service user’s home, the care gaver’s home, respite facilities, or through school holiday programs, camps and other recreational activities.

How much care is available?

Care may be available for a few hours, overnight, a weekend or a few weeks. It may also be available in an emergency or on a planned regular basis.
Respite services

Who can use respite services?
All families caring for a person with a disability can use respite care.

Why the need for respite services?
Families caring for children or adults with a disability may need time for themselves, for example to:
- Shop
- Have a night out
- Read
- Attend an appointment
- Have a holiday
- Relax or... sleep

For a family caring for someone with a disability, the demands of caring can be greater than for other families. Parents, carers, brothers and sisters of a person with a disability need the same opportunities for relaxation as anyone else. Yet these families often have difficulty finding someone to care for their family member while they have time out, spend time with other children or carry out other responsibilities. That is why respite services are organised – so people can have a break.

Does a person with a disability benefit from Respite Services?
An adult or child with a disability often has fewer social and recreational opportunities than a person without a disability. Respite services can offer time for people with a disability, to enjoy the company of other children and adults as well as opportunities to learn and develop their abilities.
Respite activities

Recreation and leisure opportunities – what’s available?

Getting involved in recreation, sports and arts activities creates social opportunities as well as the chance to develop particular interests. Many respite services now offer social groups, camps and other leisure activities, providing greater opportunities for the person with a disability, as well as a break for families.

In addition to these respite services, there are new opportunities for people with disabilities to regularly participate in activities in their local communities.

Increasingly, community leisure and sporting groups are recognising how they can include people with disabilities in their activities.

If you would like to know more about accessible and inclusive leisure options in your local community, contact Access for All Abilities Play (AAA Play).

Reclink Australia, in partnership with the Victorian Government, coordinates an information and referral service, AAA Play, connecting people with a disability to sports and active recreational opportunities in Melbourne, Victoria. Providing a crucial entry point for people who are seeking out a sports or recreation connection, AAA Play assists enquirers to identify and connect to the activities they wish to be involved in, regardless of their disability. AAA Play aims to connect people with disabilities to their preferred sport or recreation activity, in a timely manner.

AAA Play will ensure that actual pathways to sport and recreation opportunities exist beyond the point of referral, opening doors for people with a disability to participate in a physically active lifestyle without barriers. Access for All Abilities – First point of call service.

There are multiple ways in which people can get in contact:

Email: request@aaavic.org.au

Phone: 1800 AAA VIC (1800 222 842)

Website: ataaavic.org.au

Live online chat: During business hours

Twitter: @Access4AA

Find us on Facebook
Further questions

How do I decide?
No two respite care services are exactly the same. To ensure suitable care is provided, it is important to check the following:

- The range of services available
- The hours of availability
- The quality of care provided
- The training of the care provider
- Whether you feel comfortable leaving the person with a disability in the care of a particular person
- The limits on who can use the service or how much time per person is available.

What will it cost?
Costs vary from service to service and therefore need to be discussed when making enquiries. Some programs receive Government funding to assist with the costs of delivering the program.

What if I’m not happy with the service?
Ask your service provider for their complaints management process. Your disability service provider must tell you how to make a complaint. This includes:

- Giving you written information about how to make a complaint
- Telling you what the complaints process is, for example, who you can go and complain to
- Telling you what is happening with your complaint
- Letting you know what else you can do
Disability Services Commissioner

The Disability Services Commissioner provides a free and confidential service to assist people to resolve a complaint with registered disability services/service providers.

Address: Level 30/570 Bourke St, Melbourne 3000

Phone: 1800 677 342

Website: odsc.vic.gov.au
Where do I stand
rt?

WELCOME
1. You can directly access many of the services in this book, and self refer.

2. You can go to respitesouth.org.au and search for services directly by clicking on the Search for Services tab.
3. If you would like to speak to someone before you access services, access support or for a general overview of the respite service system, use the contact details on the following pages...
Alfred Health Carer Services

Formerly known as Commonwealth Respite and Carelink Centre Southern Region, Alfred Health Carer Services provides 24 hour carer support and access to planned and urgent respite for carers living in the Southern Region of Melbourne.

It is a free service to support carers, with offices in Caulfield, Frankston and Dandenong.

The service supports people to manage their caring role, thereby helping them to maintain their own health and wellbeing. For carers of a person with a disability, Alfred Health Carer Services is a key entry point for disability and respite in Melbourne’s South and South-Eastern suburbs.

Some of the ways they may help include:

- Help to navigate the service system maze
- Referrals to useful services for short term and longer term support
- Respite planning and coordination
- Help with opportunities to trial and utilise respite
- Access to free carer wellbeing information sessions

Two websites list news, events, workshops and respite opportunities for carers, these are:

Website: carersouth.org.au or respitesouth.org.au (disability specific).

Phone: 1800 052 222
Disability Information & Referral Team, South Division

‘Disability Information and Referral’ is the first point of contact at the Department of Health and Human Services (DHHS) for people with a disability, their carers or service providers. Disability Information and Referral is a South Division Wide service, which includes the Bayside Peninsula and Southern Melbourne Areas.

Disability Information & Referral provides:

- Information about general and disability specific community supports and services
- Information on a range of respite options for families including facility based respite, camps, holiday programs, in-home supports and recreation and leisure activities
- Referrals to appropriate community supports and services, including internal DHHS and community based services.

Phone: 1800 783 783  
Email: south.disability@dhhs.vic.gov.au
Local councils (in-home support)

Respite is available in many forms. Your Local Council is a key contact if you are seeking respite in the home or for information about other services they offer.

Services will vary between Councils, but you can contact them to discuss the option of someone coming to your home to help the person you care for with their daily living tasks, or keep them company while you have a short break. Respite should be a positive, enjoyable experience for the person you care for as well as a rest for yourself. For more information about in-home support, refer to the Respite Services section.

Council Contacts for “Where Do I Start?” queries

City of Bayside
Website: bayside.vic.gov.au
Phone: 9599 4381 (Information & Intake)

Cardinia Shire – Mecwacare
Website: mecwacare.org.au
Phone: 5941 5454

City of Casey
Website: casey.vic.gov.au
Phone: 9705 5444 (Referral & Intake)

City of Frankston
Website: frankston.vic.gov.au
Phone: 9784 1933 (Referral & Intake)

City of Glen Eira
Website: gleneira.vic.gov.au
Phone: 9524 3333 (Intake)

City of Greater Dandenong
Website: greaterdandenong.com
Phone: 8571 5502 (Information & Referral)

City of Kingston
Website: kingston.vic.gov.au
Phone: 9581 4876 (Intake)

Mornington Peninsula Shire
Website: mornpen.vic.gov.au
Phone: 1300 850 600 (Referral & Intake)

City of Port Phillip
Website: portphillip.vic.gov.au
Phone: 9209 6429 or 9209 6592 (Respite Care)

City of Stonnington
Website: stonnington.vic.gov.au
Phone: 8290 1192 (Intake & Information)
The Respite South website

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Respite South has a lot to offer parents, carers and people with a disability. The best way to keep up to date is to subscribe to the free weekly e-newsletter, which is full of news, upcoming events and activities such as camps, supported holidays and ongoing recreation opportunities.

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Respite South is part of the Respite Victoria network of respite websites established by the Department of Health and Human Services and is managed by Alfred Health Carer Services.

Website: respitesouth.org.au

How do I use it?

1. Go to the home page at respitesouth.org.au

2. Subscribe to the free weekly e-newsletter by adding your email to the sign-up box on the homepage. You will then be sent a confirmation email that you need to accept.

3. For current and new activities in the southern region – Select the What’s On tab. From here you can click on specific categories in the left tab that interest you.

4. To search for respite services in your local area – click on the Respite Finder tab, and then click on the orange ‘search with the respite finder website’ box.

The respite finder is a user friendly directory of respite services. It can be easily navigated by service users, carers and service providers. All you need to know is the age of the person who will receive the respite and where respite is required. Other information can be added to refine the results. Then click on Find Respite and it will present a list of suitable services.
Financi support
MOIRA & the National Disability Insurance Scheme (NDIS)

MOIRA has been actively involved with the NDIS since day one. The NDIS aims to give individuals choice and control over the supports they need and how, when and where those supports are provided.

MOIRA has embraced the opportunity to help individuals take advantage of this new approach, and we’re proud to be leading the industry during this time of transition in Victoria.

The NDIS is revolutionising the way disability services are provided in Australia. It has been designed to support people with a permanent and significant disability (scheme participants) to take part in everyday activities.

The NDIS aims to give certainty that individuals will receive the support they need over their lifetime. It focuses on intervention at a time when getting early support can reduce the impact of disability.

Want to know more?

Phone: 8552 2222
Email: hello@moira.org.au
MOIRA Plan Management Provision (PMP)

MOIRA has many years of experience delivering essential support for people living with disability in Victoria.

Part of that support is paying invoices as a Financial Intermediary (FI) and communicating with service providers on behalf of clients. Under the new National Disability Insurance Scheme (NDIS), MOIRA will transition this service from what is currently known as FI to a Plan Management Provision (PMP) service.

We are an established service provider and we’re here for you. We’re here to answer all your questions about the PMP role or about any of our services.

MOIRA PMP is a financial intermediary service that reduces the pressures associated with paying your service providers. It is also a service intermediary, supporting people as they work with service providers in pursuing the goals of their NDIS plan.

MOIRA PMP is funded by the Commonwealth government, and is a new service associated with the NDIS. Everything has been designed to support users of this service to become more self-reliant.

The PMP service takes care of managing supplier payments and communication, so you have more time to yourself to do the things you want to do.

Using MOIRA PMP gives you confidence that invoices are processed efficiently and paid on time so that your support is continued without any worries.

MOIRA PMP can also help with queries for suppliers and the National Disability Insurance Agency (NDIA).
MOIRA Support Coordination

MOIRA has many years of experience delivering essential support for people living with disability in Victoria. Part of our service is Case Management. Under the National Disability Insurance Scheme (NDIS), Case Management will transition to a new service called Support Coordination.

MOIRA has the proven capability to deliver a personal, empathetic and high quality service and is one of Victoria’s leading Case Management and Support Coordination providers.

Support Coordination covers a wide range of services. At MOIRA, this includes:

- Working together with you to put your plan into action
- Assistance in sourcing the right provider, with the right services for you
- Coordinating a range of supports
- Building on informal supports such as your family
- Resolving points of crisis
- Supporting you to drive your service design and direction
MOIRA Case Management

MOIRA provides Case Management support to people with moderate to severe disabilities and their families.

We understand that the impact of disability in a family varies, and that many people find they cannot readily obtain the services they require to meet their needs.

At MOIRA, our case managers work in partnership with people living with a disability and their families to identify specific needs and to help co-ordinate the best services and supports. These supports may include:

- Information and referral
- Co-ordination of services
- Family centred support
- Planning for future needs
- We provide a range of Flexible Support Packages which may provide families with both short and long-term case management.
MOIRA Financial Intermediary (FI)

Do you receive funding via an Individual Support Package (ISP) from DHHS? If so, you can elect to have your funds managed by MOIRA FI. MOIRA FI provides funds administration for your ISP at no cost to you (MOIRA’s fee is met directly by DHHS). Managing funds for your ISP is important and can be a difficult task. Making the right choice of financial administration arrangement can help you to manage your funds in a manner that meets your needs and can support you to use your ISP flexibly for your individual supports. If respite and recreation activities are a part of your ISP goals and you want flexibility about how you access those supports, you may wish to consider having MOIRA FI as your ISP funds administration option.

Want to know more?

Phone: 8552 2222
Website: moirafi.org.au
MOIRA is ready to make your move to the NDIS as easy as possible.

To find out more about our Plan Management Provision and Support Coordination services, please contact us on 03 8552 2222 or email hello@moira.org.au
Respite service
Extended Families: Volunteer/Family Match
Box Hill & Mornington

Extended Families is a long standing program where trained and fully supported volunteers provide friendship, inclusion support and practical assistance to a child/young person (0–17 years) for two to four hours weekly or fortnightly. Families are also invited to social events and activities.

Website: extendedfamilies.org.au

Find us on Facebook

South East

Address: Suite 15, 27 Bank St, Box Hill 3128

Phone: 9285 4838

Email: southern@extendedfamilies.org.au

Peninsula

Address: PO Box 2173, Mornington 3931

Phone: 5950 1055

Email: peninsula@extendedfamilies.org.au
The MOIRA Strengthening Parent Support Program aims to strengthen the family unit by empowering and supporting parents. This is achieved by providing access pathways to various forms of support for families who reside within the Southern Metropolitan Region of Melbourne. The program provides: peer support through groups and on an individual basis; forums and workshops; information sharing; referral to other services, and the opportunity to link with other parents.

For further information, please contact the Parent Support Officer:

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: communitysupport@moira.org.au
Website: moira.org.au
Find us on Facebook
MOIRA: Interchange Host Program
Hampton East

MOIRA aims to provide volunteer hosts for children and young people with disabilities, providing opportunities to share social experiences and develop lasting relationships whilst providing families with regular respite. The Volunteer Host program pairs a child /young person with a volunteer Host to spend time together, participating in fun activities on a regular basis. Arrangements can be flexible to suit the needs of both the volunteer host and the host recipient. Volunteer hosts can be families, couples or single people with or without children and of any age over 18 years. Want to be a part of this program? Contact MOIRA now!

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: communitysupport@moira.org.au
Website: moira.org.au
Find us on Facebook

OzChild: Recharge Program
Frankston

The Recharge Program is a family based, respite care model within which children and young people eligible for service are matched with a registered volunteer carer. Eligibility for accessing the Recharge service is determined by Disability Client Services. The program has two levels of service from 35 nights up to 70 nights respite care per year, allowing families a break from their caring responsibilities. Referrals into the Recharge Program are via; DHHS Disability Client Services, MOIRA, Windermere, Anglicare and OzChild.

Address: 454–472 Nepean Hwy, Frankston 3199
Phone: 9212 3900
Email: disabilityserviceenquiries@ozchild.org.au
Website: ozchild.org.au
Find us on Facebook
Case management support services

Early Choices (0–6 years) and Making a Difference (6–65 years) – flexible support packages

Flexible support packages play a key role in providing early preventative supports for people with a disability and their families.

Flexible support packages include the provision of information, planning and low-level, short-term disability supports as well as assistance to access community and mainstream supports.

Flexible support packages aim to:

- Provide information and support using a problem solving approach at initial contact, leading to better long-term outcomes
- Strengthen family capacity and resilience to meet the needs of children and young people with a disability
- Achieve sustainable support outcomes
- Support families and carers in their caring role
- Promote independence and community participation.
- Build individual and family capabilities to achieve self-management.

Regionally, these programs are operated co-operatively by the three following agencies:
MOIRA
Case Management Intake
(Bayside, Glen Eira, Kingston, Port Phillip, Stonnington)
Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: casemanagement@moira.org.au
Website: moira.org.au

Anglicare Victoria
Disability Services Intake Officer
(Frankston, Mornington Peninsula)
Address: Level 2, 60–64 Wells St, Frankston 3199
Phone: 9781 6700
Email: southern.disability@anglicarevic.org.au
Website: anglicarevic.org.au

Windermere Child & Family Services
Disability Intake Worker (Greater Dandenong, Cardinia and Casey)
Address: 48 Webb St, Narre Warren 3805
Phone: 9705 3200
Email: info@windermere.org.au
Website: windermere.org.au
Childcare

Early Childhood Education and Care Services (ECECS) provide various options for care and education.

Long Day Care offers care and education for children aged from birth to six years of age.

Family Day care offers care and education for children aged from birth to twelve years of age.

Out of School Hours Care offers care and education for children who attend primary school during the school term.

Vacation Care offers care and education for children who attend primary school during the school vacation periods.

Contacts For Information

Children's Services Advisor – Department of Health and Human Services
Phone: 8765 5444 (Main Switch) or 8765 5787 (Children's Services)

Family Day/After School Care/ Vacation Care Programs
Co-ordinator at your Local Council

Inclusion Support Facilitators (ISFs)
ISFs provide eligible ECEC services with practical support that will help services to build their capacity to provide a quality inclusive environment for children with additional needs. To access this support, eligible ECEC services may contact their local Inclusion Support Agency (ISA) for assistance if they have or are intending to enrol a child with additional needs.

New Inclusion Support Programme for Victoria
The Inclusion Support Programme (ISP) assists education and care services to include all children. The Inclusion Agency supports and guides long day care, family day care and outside school hours care educators to build on their inclusive practice. Community Child Care Association (CCC) is the lead agency for the Inclusion agency in Victoria and delivers in partnership with Yooralla and KU Children’s Services. Parents could ask their service what support the ISP could provide to include their child into the service. For your local Inclusion Agency Office use the following contact:
Website: viac.com.au
Phone: 1800 177 017

Therapy Support – Specialist Children’s Services/Early Childhood Intervention
Services Intake Officer
Phone: 1300 720 151
Email: ecis.intake.sevr@edumail.vic.gov.au

*See specific programs in Out of School Hours Care
Facility-based respite

Costs vary from service to service and therefore need to be discussed when making enquiries.

Able Australia: Southern Intensive Respite Services
Dandenong North

Able Australia provides facility-based respite for young people with autism/dual disability, aged 12–18 years. The service is for people living in the southern region and is funded by DHHS-Southern. The service is funded for weekends and school holidays. At all other times it is fee for service.

Address: 46 Cheam St, Dandenong North 3175
Phone: 1300 225 369
Email: intake.vic@ableaustralia.org.au
Website: ableaustralia.org.au
Find us on Facebook
Able Australia: Bonbeach Respite House

Bonbeach

Able Australia provides facility-based respite for adults who are over 18 years old. It is fee for service and based in Bonbeach. The service can support up to five residents. There is a minimum of three hours stay and no limit on maximum stay. The service can support clients from any region and those who have complex behaviours.

Address: 2 Crown Rd, Bonbeach 3196
Phone: 1300 225 369
Email: intake.vic@ableaustralia.org.au
Website: ableaustralia.org.au
Find us on Facebook

AGAPI Care Inc: AGAPI Care Respite

Preston

AGAPI facility based respite centres strives to create a welcoming and comfortable home like environment with a focus on leisure activities and community participation. You have the opportunity to enjoy new experiences, socialise and meet new people, be involved in recreational activities, learn new skills, and experience greater independence. On offer is a range of activities and outings including arts and crafts, games and day trips. Respite access may be regular or occasional to meet individual needs.

Address: 12 Showers St, Preston 3072
Phone: 9416 9768
Email: petrm@agapicare.org.au or info@agapicare.org.au
Website: agapicare.org.au
Autism Plus: Individual Support
Dingley

Autism Plus provides a number of services. While focusing on providing support to people with an Autism Spectrum Disorder or similar disability, the service also welcomes people with other disabilities who request support. All Individual Supports are entirely flexible, with the staff engaging participants in a variety of activities whilst attending to their unique sensory, physical and emotional needs. Services include: Individual Support, Group Support, Respite, Accommodation, Family Support-Care Exchange, Training and Consultation.

Address: 8 Holly Drv, Dingley 3172
Phone: 9982 9722
Email: enquiries@autismplus.com.au
Website: autismplus.com.au
Find us on Facebook

Bayley House: Respite Services
Hampton East

Bayley House operates a five bed respite facility in Hampton that offers high quality, short term respite accommodation for adults with an intellectual disability. Bayley Respite is open most nights, days, weekends as well as during allocated holiday periods. Bookings are essential and individuals must be registered with DHHS. A support assessment must be undertaken prior to accessing respite to ensure support is matched to the individual’s needs. Activities undertaken whilst at Bayley Respite may include movies, football, meals out and visits to local attractions.

Address: 31 Lonsdale Ave, Hampton East 3188
Phone: 9532 2952
Email: respitebookings@bayleyhouse.org.au
Website: bayleyhouse.org.au
Find us on Facebook
Department of Health and Human Services: High Street Respite
Berwick

High Street Respite is a six bed overnight facility – based respite for adults over the age of 18 years with intellectual/multiple disabilities. On weekends and during Victorian school holiday periods, the facility is open 24 hours; during the school term, the facility is not open between 10am–3pm on weekdays. Transport to/from respite and day activities is not provided by the respite service. General enquiries can be made via the contact details below or to place a referral to access respite at High St, please contact Disability Information and Referral, South Division on 1800 783 783.

Address: 169 High St, Berwick 3806
Phone: 9769 4852
Email: jacqui.lloyd@dhhs.vic.gov.au
Website: dhhs.vic.gov.au

Department of Health and Human Services: Reservoir Road Children’s Respite
Frankston

Reservoir Road Respite is a six bed overnight facility-based respite service centre for children under the age of 18 years with an intellectual/multiple disabilities. On weekends and during Victorian school holiday periods, the facility is open 24 hours; during the school term the facility is not open between 10am-3pm on weekdays. Transport to/from respite and school is not provided by the respite service. General enquiries can be made via the contact details below or referrals to access respite can occur by contacting Disability Information and Referral, South Division on 1800 783 783.

Address: 16 Reservoir Rd, Frankston 3199
Phone: 9781 3407
Email: jacqui.lloyd@dhhs.vic.gov.au
Website: dhhs.vic.gov.au
Department of Health and Human Services: Moodemere Street Respite
Noble Park

Moodemere Street Respite is a six bed overnight facility-based respite centre for adults over the age of 18 years with intellectual/ multiple disabilities. On weekends and during Victorian school holiday periods, the facility is open 24 hours; during the school term the facility is not open between 10am–3pm on weekdays. Transport to/from respite and day activities is not provided by the respite service. General enquiries can be made via the contact details below or referrals to access respite can occur by contacting Disability Information and Referral, South Division on 1800 783 783.

Address: 23 Moodemere St, Noble Park 3174
Phone: 9547 1984
Email: jacqui.lloyd@dhhs.vic.gov.au
Website: dhhs.vic.gov.au

E.W.Tipping Foundation
Morwell

17 Holt Place, Pakenham 3810.

A five bed respite facility designed for adults with a disability. This facility is for adults with a disability over 18 years, living at home with their families/carers who are eligible for services from DHHS.

Address: 58–60 Commercial Rd, Morwell 3840
Phone: 5135 4300
Email: gippslandreception@tipping.org.au
Website: tipping.org.au
Jewish Care (Victoria): Coppel and Piekarski
Disability Respite Centre
Caulfield

Jewish Care have two overnight respite houses – one for adults and one for children. Daytime and group respite is also offered.

Address: 476–478 Glen Eira Rd, Caulfield 3162
Phone: 8532 9806
Email: ilaubman@jewishcare.org.au
Website: jewishcare.org.au
Find us on Facebook

Karingal Inc: Connor house
Mornington

Connor house is a five bed facility based respite service. The fully qualified, experienced staff support adults with an intellectual disability (both low and high support needs). The offer is for short term respite breaks to assist families to recharge. The aim is to provide opportunities and inclusion for all persons accessing the facility. Karingal are also able to offer fee for service to people who require extra support.

Address: 73 Tanti Ave, Mornington 3931
Phone: 5975 2263
Email: connorhouse@karingal.org.au
Website: karingal.org.au
Find us on Facebook
Marillac Ltd: Frankston Respite Service  
Caulfield South

Marillac’s Frankston Respite Service gives young people with a disability who exhibit behaviours of concern, a new “home away from home” for short stays. It also provide options for regular activities of your choice with appropriately trained support staff. The respite support is designed individually for each person accepted into the program. In this respite service, they also provide support for families, guardians and carers to strengthen you in your ongoing role. A maximum of five people can use the service at any one time. To be eligible you must be aged between 16 and 25, be on the DHHS Disability Register, have high/complex behaviour support needs and live in Melbourne’s South-East.

Address: 790 Glenhuntly Rd, Caulfield South 3162
Phone: 9591 6400
Email: info@marillac.com.au
Website: marillac.com.au

Nepean Centre Inc: Respite  
Seaford

Nepean Centre Respite is a five bed residence which provides respite for people with physical and multiple disabilities between the ages of 4 and 18 who have high support needs.

Address: 26 Admans Ave, Seaford 3198
Phone: 9785 2505
Email: housesupervisor@nepeancentre.com.au
Website: nepeancentre.com.au
OzChild: Valerie May House

Mornington

61–63 Camms Rd, Cranbourne 3977

Valerie May House is a purpose built, five bed home in Cranbourne offering planned access for families. It provides short term and overnight respite care for children with diagnosed disabilities aged 6–17 years. Staff focus is on ensuring a safe, fun and stimulating environment to support the unique needs of each child. In-house activities include a large outdoor play area with a sensory garden, water wall, outdoor play equipment, art and craft materials, books, music and movies that children and young people enjoy. A range of community based activities are planned with the children’s involvement.

Address: 947 Nepean Hwy, Mornington 3931
Phone: 5975 7644
Email: disabilityserviceenquiries@ozchild.org.au
Website: ozchild.org.au

Statewide Autistic Services Inc (SASI): Swonnell House

Frankston

SASI’s Swonnell House in Mentone is the only autism specific residential respite facility in Victoria where short term and overnight care is provided for children from all over Victoria, aged 5–18 years. For some parents and carers it provides regular respite and relief on a rotational basis. Children enjoy a variety of in-house and community based activities. Special weekend sleepovers for girls and boys are popular. The house is staffed at a ratio of 1:2, however there is some capacity to provide 1:1 support if required. Funding for 1:1 respite care can be negotiated with case managers. Prior to a child being accepted for respite care, an assessment is undertaken by SASI staff in order to maintain a positive behaviour management approach consistent with that taken by the family, schools and other services. Swonnell House operates year round excluding Christmas Day. Waiting periods may apply.

Address: PO Box 11271, Frankston 3199
Phone: 9773 6044
Email: enquiries@sasi.org.au
Website: sasi.org.au
Find us on Facebook
Very Special Kids: Hospice and Family Support

Malvern

Very Special Kids supports families caring for children diagnosed with life threatening conditions. This support includes counselling, family services volunteers, sibling programs and bereavement support. Very Special Kids Hospice is Victoria’s only children’s hospice, offering planned/emergency respite and end of life care. This is an eight bed facility staffed with registered nurses, personal support workers and visiting medical officers 24 hours, 7 days a week.

Address: 321 Glenferrie Rd, Malvern 3144
Phone: 9804 6222
Email: mail@vsk.org.au
Website: vsk.org.au
Find us on Facebook

Wesley Mission Victoria: Tennyson St Respite

Dandenong

Tennyson Street is a purpose built house which provides overnight respite support for up to five adults at a time. The service caters for people requiring high levels of support and provides active night staffing. There is a nominal fee of approximately $41.75 per night. Bookings are taken three months in advance and there is availability for weekdays and weekends. Consideration is also taken for people with behaviours of concern. This is assessed on the individual, the staffing levels required and the other clientele on any given stay.

Address: 280 Thomas St, Dandenong 3175
Phone: 9794 3000
Email: steve.keys@wesley.org.au
Website: wesley.org.au
Find us on Facebook
Yooralla: Ventilator Accommodation Support Service (VASS)

Yooralla’s Ventilator Accommodation Support Service (VASS) provides planned respite, emergency and interim accommodation for people who are dependent on ventilation. Nursing staff are on site 24 hours a day in purpose built accommodation that is designed to meet the complex needs of people dependent on mechanical ventilation.

Location: Thornbury
Phone: 9666 4500
Email: respite@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook

Yooralla: Respite Accommodation

Yooralla’s respite accommodation service offers an environment for people with disability to stay whilst their carer takes a break. Respite accommodation can be used for a planned rest or emergency accommodation, with stays ranging from overnight to longer periods of time. Yooralla’s respite facilities provide a comfortable and welcoming environment in purpose built and accessible premises, fitted with assistive technologies.

Location: Box Hill, Reservoir, Glenroy and Benalla
Phone: 9666 4500
Email: respite@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook
Information for older carers

Respite for Older Carers (ROC)

Respite for Older Carers is a Department of Health and Human Services funding initiative, delivered in the southern region by six different service providers. These providers share a joint register of carers who have expressed their interest in receiving respite packages from the program. The program aims to support people with a disability in a meaningful way whilst giving carers some time out.

Respite for Older Carers is for carers aged over 60 (45 for carers of Indigenous/Torres Strait Islander origin) who support a person with a disability.

Alfred Health Carer Services coordinates the joint register of carers, and you can contact them for more information or to register your interest in accessing respite through this program.

Phone: 1800 052 222
Support for Older Carers (SOC)

Support for Older Carers is another Department of Health and Human Services funding initiative, designed to provide information, support, and opportunities for carers to connect socially, and assistance with future planning.

Support for Older Carers is for carers aged over 50 (45 for carers of Indigenous/Torres Strait Islander origin) who support an adult with a disability.

In the southern region, this program is coordinated by Alfred Health Carer Services. Social events are varied and currently include meditation classes, art classes, lunches and day trips. There is also a Grandparent Carer Support Group which meet regularly for lunch, and always welcomes new members.

Support for Older Carers events are advertised on the Respite South website at respitesouth.org.au

For more information, please call Alfred Health Carer Services:

Phone: 1800 052 222
In-home support

All Local Councils in Bayside Peninsula & Southern Melbourne provide respite care for carers of a person with a physical, intellectual or neurological disability, or sensory impairment. The service caters for people of all ages. An assessment is required before a service may be provided. Specifically trained staff will provide personal care and general assistance to the person with a disability in their own home during weekdays, evenings or weekends, to enable the carer to have a break, even if it is only for a few hours. Some services will also provide overnight care in the person’s own home. The hours of service and cost vary between Councils. Carers should discuss their special needs where the assistance required is beyond basic care tasks. Contact the assessment officer at your Local Council on the numbers to the right.

Council Contacts for information

City of Bayside
Information & Intake Officer
Phone: 9599 4381
Website: bayside.vic.gov.au

Shire of Cardinia
Mecwacare
Phone: 5941 5454
Website: mecwacare.org.au

City of Casey
Referral & Intake Officer
Phone: 9705 5444
Website: casey.vic.gov.au

City of Frankston
Referral & Intake Officer
Phone: 9784 1933
Website: frankston.vic.gov.au

City of Glen Eira
Intake Officer
Phone: 9524 3333
Website: gleneira.vic.gov.au

City of Greater Dandenong
Information & Referral Officer
Phone: 8571 5502
Website: greaterdandenong.com

City of Kingston
Intake Officer
Phone: 9581 4876
kingston.vic.gov.au

Mornington Peninsula Shire
(Hastings, Mornington, Rosebud)
Referral & Intake Officer
Phone: 1300 850 600
Website: mornpen.vic.gov.au

City of Port Phillip
Respite Care
Phone: 9209 6429 or 9209 6592
Website: portphillip.vic.gov.au

City of Stonnington
Intake & Information Officer
Phone: 8290 1192
Website: stonnington.vic.gov.au
In-home support/attendant care services

All Home and Community Care funded services (e.g. Respite Care, RDNS etc.) and in-home care services aim to support people continuing to live in their own homes. In-home support and attendant care services will provide regular or occasional care for people with disabilities. Trained staff will care for the person according to the directions of the parent/carer. Assistance may include personal care, domestic assistance, accessing community facilities or support in maintaining social and recreational interests. All attempts are made to meet needs.

Costs vary from service to service and therefore need to be discussed when making enquiries. Some programs receive Government funding to assist with the costs of delivering the service.
Accommodation and Care Solutions: In-Home/Attendant Care Support

Highett

Accommodation & Care Solutions (ACARES) is a specialist attendant care provider, operating 24 hours, 7 days a week. ACARES is an approved DHHS/NDIS service provider and can provide assistance in-home as well as in the community. Support is flexible and tailored to individual needs. Services can be provided on an ongoing basis or as one off requests. ACARES staff undergo regular training and development and are able to support high needs individuals within the community.

Address: 1 Avoca St, Highett 3190
Phone: 1300 675 893
Email: info@acares.com.au
Website: acares.com.au
Find us on Facebook

After-Care: Disability Support Service

Rye

After-Care supports people receiving individualised disability funding. This includes people with high physical and health support needs, neurological illness, ABI and autism. After-Care provides case management, support coordination and all aspects of community and in-home care. After-Care matches locally based, qualified male and female support workers to your personal preferences and support needs. Services are person-centred so that workers support you to realise your goals and follow your interests. Services are available 24 hours, 7 days a week, starting from one hour shifts, up to overnight and 24 hour care.

Address: PO Box 545, Rye 3941
Phone: 1300 464 663
Email: inhome@after-care.com.au
Website: after-care.com.au
Find us on Facebook
AQA Victoria: Qualcare
Fairfield

Qualcare provides personal care and support to people with a disability, injury or illness in their homes and communities. The state-wide respite program is provided in-home to people with a disability aged 18–65 years and represents an opportunity for unpaid carers to take a well-earned break. Qualcare is a registered provider with NDIS, TAC, WorkSafe and DHHS in Victoria and has been supporting clients to achieve their personal goals for over 26 years. Clients supported by Qualcare services have access to the services, programs and community networks of AQA.

Address: 440 Heidelberg Rd, Fairfield 3078
Phone: 9482 4373
Email: qualcare@aqavic.org.au
Website: qualcare.org.au
Find us on Facebook

Better Living Homecare: In-Home Care, Community and Respite Support
East Malvern

Better Living Homecare specialise in providing care and support to people with physical, intellectual, sensory and acquired disabilities. We work with individuals and families with ISP packages and through fee for service arrangements. At Better Living we spend time matching carers that have the skills, personality and life experience to meet your needs. We provide home care, personal care, community access and life skills support. Support can be booked as a ‘one off’ or ongoing.

Address: 312 Waverley Rd, East Malvern 3145
Phone: 9571 4001 or 130 307 344
Email: admin@betterlivinghc.com.au
Website: betterlivinghomecare.com.au
Find us on Facebook
Brotherhood of St Laurence: Community Nexus In-Home Support
Frankston

Nexus provides support to people with a disability in the home or in the community. Support can be provided 24 hours, 7 days a week. They are able to provide support for ISP and respite packages. To be eligible you must be over 25 years old and live in the areas of Bayside Peninsula or Southern Melbourne.

Address: 2–4 Overton Rd, Frankston 3199
Phone: 1300 147 147
Email: bacci@bsl.org.au
Website: bsl.org.au

CareChoice: In-Home Support and Attendant Care Services
Clayton

DHHS certified and NDIS registered, CareChoice is an ISP support provider of experienced temporary and permanent staff in Melbourne, Geelong and regional Victoria. They deliver a wide range of quality in-home and community-based support services to children and adults with intellectual, cognitive, physical, psychiatric and acquired disabilities. Their services are available 24 hours, 7 days a week and include: respite and overnight care, personal care, home care, academic and therapy support, assistance attending holiday and recreational activities, complex care and behavioural support, social inclusion, and shopping and meal preparation. Their experienced and qualified Care Team provide a unique carer matching service to support each person’s individual needs, care program and personal goals.

Address: E7/2A Westall Rd, Clayton 3168
Phone: 1300 737 942
Email: enquiries@carechoice.net.au
Website: carechoice.net.au
Find us on Facebook
Calvary Community Care: Home and Community Care
Mount Waverley

An approved Department of Health and Human Services (DHHS) provider for disability services, Calvary Community Care provides care and support to enable people to live independently at home and in the community. Services are tailored to suit individual needs and goals, focusing on independence, personal care and social support. Participants can manage, or be assisted to manage, their ISP funding to purchase services, implement strategies and achieve goals. Support workers can be supported by Calvary’s Registered Nurse in specialist skills which include PEG feeding, catheter care and bowel care.

Address: 551 Blackburn Rd, Mount Waverley 3149
Phone: 1300 660 022
Email: ccc@calvarycare.org.au
Website: calvarycommunitycare.org.au

Carer Solutions Australia
Preston

Carer Solutions Australia enable families and individuals to employ their own chosen Support Workers. They take care of all the administrative requirements such as payment of wages, superannuation, workcover and insurances on behalf of families and individuals. They work with those that have NDIS, DHHS, Commonwealth Carer Respite and private funds. Carer Solutions Australia give you back the choice and control over your care arrangements.

Address: Level 2/340 Bell St, Preston 3072
Phone: 1300 729 839
Email: care@carersolutions.com.au
Website: carersolutions.com.au
Find us on Facebook
City of Greater Dandenong: Respite

Dandenong

City of Greater Dandenong provides support to carers of people with a disability by giving them a break from their caring role.

Address: PO Box 200, Dandenong 3175
Phone: 8571 5503
Email: community.care.referrals@cgd.vic.gov.au
Website: greaterdandenong.com

Help in the Home: In-Home Care & Respite services

Glen Iris

Help in the Home provides support to those requiring a break. They can assist with personal care, light cleaning, shopping and transport to medical appointments. They have experienced care workers who work with clients to assist with care in the home or with providing social support. Care workers can assist with lifting equipment, meal preparation and various activities including puzzles and music.

Address: 24 Saxby Rd, Glen Iris 3146
Phone: 9813 8180
Email: helpinthehome@optusnet.com.au
Just Better Care (JBC): Respite for Carers

Mornington

Just Better Care (JBC) staff come to your home at a time that suits you to provide respite for the carer. Whilst providing respite, staff can also provide other services like personal and domestic care, food preparation, washing and ironing. Services can be from 1–24 hours, 365 days a year.

Address: Level 1, Suite 2, 346 Main St, Mornington 3931
Phone: 5972 1860
Email: mailmm@justbettercare.com
Website: justbettercare.com
Find us on Facebook

Flexi Support: Flexible In-Home Care

Mulgrave

For nine years now, Flexi Support has been providing experienced and fully qualified carers for respite, personal care services, disability, mental health and aged care needs. The support workers can assist with care both at home and in the community.

Address: 5a Hartnett Cl, Mulgrave 3170
Phone: 9560 3333
Email: info@flexi-support.com.au
Website: flexi-support.com.au
mecwacare: Disability Services
Malvern

At mecwacare, clients can use their Individualised Support Package (ISP) to access a range of in-home supports to assist with living independently, to strengthen relationships with others and participate in their community. Funding for an ISP is provided by the Department of Health and Human Services, and can be used to purchase respite, supports and services. Clients have the flexibility over how they structure these supports and services.

Address: 1287 Malvern Rd, Malvern 3144
Phone: 8573 4888
Email: community@mecwacare.org.au
Website: mecwacare.org.au

Nextt Health: In-Home Support
Melbourne

Nextt Health offers in-home personal care, nursing services, home help and community access across aged care, disability, paediatric care, respite care and palliative care. Registered with NDIS.

Address: 12/520 Collins St, Melbourne 3000
Phone: 1300 657 915
Email: enquiries@nextt.com.au
Website: nextt.com.au
Find us on Facebook
Nightlife Disability Services Inc: Mobile Attendant Care Moorabbin

Nightlife is a consumer driven organisation that operates 365 days a year. Nightlife aims to create a flexible service for people with disabilities living in their own homes. This support facilitates people living as independently as possible whilst being able to sustain an inclusive lifestyle within the community. Throughout the night (7pm–6am) Nightlife offers personal care support for periods from as little as 30 minutes (plus travel time) and can provide support more than once during the night. Nightlife offers both scheduled visits and on-call support during these times. At other times support is negotiated based on individual circumstances and service capacity.

Address: Level 2, 1 Taylor St, Moorabbin 3189
Phone: 9532 5455
Email: enquiries@nightlife.org.au
Website: nightlife.org.au

ONCALL: LifeChoices Surrey Hills

ONCALL is a DHHS registered and NDIS ready Community Service Organisation offering personalised, direct support to children and adults with intellectual, physical and multiple disabilities. ONCALL specialise in complex, medical and behavioural support and are available all day, every day of the year throughout Melbourne. Their in-home and community based services include, but are not limited to: respite, transport, personal care, recreation, skill development, meal preparation, community access, social support, shopping, education and domestic support.

Address: 660 Canterbury Rd, Surrey Hills 3127
Phone: 9896 2468
Email: lmorton@oncall.com.au
Website: oncall.com.au

Find us on Facebook
Scope: Support for People with Disability

Pakenham

Scope provides a range of disability support services for children and adults across Victoria. Scope is a registered provider under the NDIS and offers day services, respite, community inclusion, group and individualised services. Scope also provides a range of therapy services including speech therapy, occupational therapy, psychology and physiotherapy.

Address: 6b Henry St, Pakenham 3810
Phone: 1300 472 673
Email: contact@scopevic.org.au
Website: scopeaust.org.au
Find us on Facebook

Simply Helping Bayside Peninsula: In-Home Support

Hampton

Simply Helping offers in-home support to both children and adults with both physical and intellectual disabilities. Their services cover personal care, respite, home care, meal preparation, community access and transportation as well as assisting with life skills. Overnight and 24 hour care is also available as part of the service. No job is too small. Simply Helping are located in Hampton and service the Bayside and Peninsula area. They have a great team of professional staff. Simply Helping can partner ISP clients and are an approved provider with the NDIS and DHHS. The professional staff can tailor the service to suit your individual needs.

Address: 12 Valerian St, Hampton 3188
Phone: 9502 3718
Email: baysidepeninsula@simplyhelping.com.au
Website: simplyhelping.com.au
Find us on Facebook
St Mary’s Health Services: In-Home and Respite Support or Disability Services

Chelsea Heights

St Mary’s Health Services is committed to providing attendant care services tailored to meet individual needs of adults and young people. Services include but are not limited to in-home respite, attendant support, overnight sleepovers, community access and supported holidays. They are certified under DHHS standards for provision of disability services and currently registered with DHHS Victoria. Services can be provided from one to two hours a week through to 24 hours on a temporary or permanent basis.

Address: 13 Eighth Ave, Chelsea Heights 3196
Phone: 9773 8234 or 0423 118 886
Email: info@stmaryshealthservices.com.au
Website: stmaryshealthservices.com.au
Find us on Facebook

We Care Staffing Solutions: In-Home Support Services

Frankston

We Care is a 24/7 service that provides all aspects of in-home personal care and domestic assistance to its clients. They provide flexible services, tailored to meet the needs of clients and families.

Address: Suite 2, 13–15 Thompson St, Frankston 3199
Phone: 9773 8839
Email: info@whocareswecare.com.au
Website: whocareswecare.com.au
Find us on Facebook
Who Cares? We Care! Pty Ltd:
In-Home Support/Attendant Care Services
Chelsea Heights

Who Cares? We Care! Pty Ltd provides support services for people requiring help at home. Services include personal care, home help, shopping, transport, meal preparation and respite. Who Cares? We Care! Pty Ltd staff are fully referenced checked, qualified and hold current police checks and a Working With Children Check (WWCC). Services are delivered with integrity in a dedicated and competent manner; respecting personal, cultural and religious preferences. Services are tailored to enhance the client’s well being, independence and social inclusion.

Address: 12/263–271 Wells Rd, Chelsea Heights 3196
Phone: 9773 8839
Email: info@whocareswecare.com.au
Website: whocareswecare.com.au

Yooralla:
In-Home Support
Melbourne

Yooralla’s in-home respite service provides the primary carer with time-out. They provide specialist care within your home, while minimising disruptions to your family, especially the person with disability. This service aims to meet the requirements of the person with disability, their carer and other family members, by being flexible and responsive to individual needs. Subject to waitlist.

Address: Level 14, 595 Collins St, Melbourne 3000
Phone: 9666 4500
Email: respite@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook
The Mental Health Service (MHS) system is generally separated into age based groupings:

**Early in Life Mental Health Services (ELMHS)**
Young people up to 25 years

**Adult Mental Health Services**
Adults 18–64 years

**Aged Mental Health Services**
Consumers aged 65+ years

For specific information about each service, call the Psychiatric Triage Service in your area.
Contacts for information

Frankston & Mornington Peninsula

Peninsula Health
Psychiatric Triage Service/
Crisis Assessment Team
Phone: 1300 792 977 (24hr)

Early in Life Mental Health Services
(ELMHS), Monash Medical Centre
Phone: 9594 1300 (Clayton)
Phone: 9784 9800 (Frankston)

Youth Prevention & Recovery Centre (YPaRC)
16–25 years
Phone: 1300 792 977 (for referral, 24hr)

Adult Prevention and Recovery Centre (PaRC)
26–65 years
Phone: 1300 792 977 (for referral, 24hr)

Dandenong, Casey, Cardinia,
Middle South

Monash Health
Psychiatric Triage Service/Crisis Assessment
Team: 1300 369 012 (24hr)

Early in Life Mental Health Services (ELMHS)
Phone: 9594 1300 (Monash Medical Centre)
Phone: 8768 1569 (Berwick – Casey Hospital)

Youth Prevention & Recovery Centre (YPaRC)
16–25 years
Phone: 1300 369 012 (for referral, 24hr)

Adult Prevention and Recovery Centre (PaRC)
26–65 years
Phone: 1300 369 012 (for referral, 24hr)

Inner South East

Alfred Health
Psychiatric Triage Service/
Crisis Assessment Team
Phone: 1300 363 746 (24hr)

Early in Life/“Thrive to 25”
Alfred Child & Youth MHS
Phone: 8552 0555
Mind Australia: Family and Carer Support Services
Albert Park

Mind Australia recognise that caring for someone with mental health issues can be stressful, and that sometimes you need support yourself. Mind Australia offer a range of supports, including one-on-one individualised support, planned respite, recreation days, carer education, support groups and an online forum. If you are interested in discussing their services, contact Mind Connect.

Address: 84 St. Vincent Place, Albert Park 3206
Phone: 1300 286 463 (1300 AT MIND)
Email: info@mindaustralia.org.au
Website: mindaustralia.org.au
Find us on Facebook

Wellways Australia: Family Services Program
Frankston

Wellways Australia supports thousands of people affected by mental illness each year to bring about positive change and build good lives in their communities. The Family Services Program empowers carers by providing them with an array of services that may broaden their perspectives on the many issues families face. Services include one-on-one carer support, family meetings and consults, peer educational programs and diverse respite options.

Address: 45 Davey St, Frankston 3199
Phone: 9784 6800
Email: lturbiak@wellways.org
Website: wellways.org
Find us on Facebook
Aspect (Autism Spectrum Australia): Outbound
Hawthorn

Aspect offers small group social activities and camps supported by experienced staff. These activities occur on average twice a month on a Saturday with two weekend camps per year. Members of the Aspect Outbound Program receive a calendar of events every three months to choose the activities they’d like to attend. We also invite members to help us to put the calendar together by suggesting activities, helping to build relationships and a sense of belonging and engagement with the group. The program provides an opportunity for members to enjoy time out and become involved in their communities. It also provides valuable respite for families. To be able to attend Aspect Outbound Programs, you must be funded by the Department of Health and Human Services (Southern Region), live at home with a parent or carer, be 18 years of age or over and have a diagnosis of autism.

Address: Level 1, 530–532 Glenferrie Rd, Hawthorn 3122
Phone: 8808 6500
Email: hspector@autismspectrum.org.au
Website: autismspectrum.org.au
Find us on Facebook
Aspect (Autism Spectrum Australia): Social Club
Hawthorn

The Aspect Social Club provides an opportunity for adults of all ages and various abilities across the Autism Spectrum to meet and enjoy a social dinner in a friendly group environment. The dinners run twice a month on a Monday at various locations around Melbourne (mainly CBD). This program is not facilitated and participants are required to make their own way to and from activities.

Address: Level 1, 530–532 Glenferrie Rd, Hawthorn 3122
Phone: 8808 6500
Email: hspector@autismspectrum.org.au
Website: autismspectrum.org.au
Find us on Facebook

Brotherhood of St Laurence: Community Nexus – Respite for Older Carers
Frankston

Brotherhood of St Laurence provides a break for carers while the person they are caring for enjoys activities tailored to suit their needs. Respite can be provided in a variety of forms including in-home support, overnight support, peer groups, camps and recreational activities that are community based. Transport from home to community can be provided.

Address: 2–4 Overton Rd, Frankston 3199
Phone: 1300 147 147
Email: bacci@bsl.org.au
Website: bsl.org.au
Brotherhood of St Laurence: Community Nexus – Respite Life Options
Frankston

Brotherhood of St Laurence assists people with a disability and their older carers to plan for emergencies and their future. Nexus assists a person to develop skills and build confidence. Training includes travel training, independent living skills, circles of support and building on natural links with other friends/family in the community. Nexus also provides recreation options and support to maintain independence. There are also opportunities to volunteer, socialise and develop friendships.

Address: 2–4 Overton Rd, Frankston 3199
Phone: 1300 147 147
Email: bacci@bsl.org.au
Website: bsl.org.au

Brotherhood of St Laurence: Community Nexus – Home Life Options
Frankston

Brotherhood of St Laurence provides carer support, skill development and brokerage service for individual/older carers. It supports skills development to assist people to remain living independently in the community in their own homes. The program provides social support and opportunities for people with disabilities to enhance and maintain a range of skills that will assist them to remain living in their own home.

Address: 2–4 Overton Rd, Frankston 3199
Phone: 1300 147 147
Email: bacci@bsl.org.au
Website: bsl.org.au
Inclusion Melbourne: Leisure Buddies

Armadale

The Leisure Buddies Program creates opportunities for friendship between volunteers and young adults with an intellectual disability. Volunteers are carefully screened. Matches are based on where both buddies live and their shared interests. Buddies usually meet on weekends to do things they both enjoy such as going for a coffee, watching a movie or going to the football. There is no cost for the program other than the cost of outings and buddies each pay their own way.

Address: 67 Sutherland Rd, Armadale 3143

Phone: 9509 4266

Email: leisurebuddy@inclusion.melbourne

Website: inclusionmelbourne.org.au

Find us on Facebook
Karingal Inc: Children’s Community Based Respite Program
Frankston North

Children’s Community Based Respite run on weekends and during the school holidays. Age groups: 7–11yrs and 12–17 yrs. These programs run on Sundays for alternating age groups and for the second week of the holidays. The cost of the activity is not funded. We also offer a camp a few times a year for each age group. This runs from Friday 5pm till Sunday 4pm. Please contact Ann-Marie Bassett for further information.

Address: Long Island Bowls Club, 165 Frankston Dandenong Rd, Frankston North 3200
Phone: 9786 6215
Email: abassett@karingal.org.au
Website: karingal.org.au

Marillac Ltd: Youth Respite Service
Caulfield South

Marillac’s Youth Respite Service is support to meet your needs and wishes. If allocated a package, you can tell them the respite you want, with options including support in your home, recreation, leisure activities and other community activities that interest you. Packages are up to five hours of planned respite per week, with some flexibility to bank hours and use them when most needed. You will have 1:1 support from a trained support worker, a clear plan and regular reviews. To be eligible you must be aged 12–18 years, have a disability, live in the home of a family member, guardian or foster parent, and exhibit behaviours of concern that make it difficult to access other forms of respite. Other eligibility conditions apply.

Address: 790 Glenhuntly Rd, Caulfield South 3162
Phone: 9591 6400
Email: info@marillac.com.au
Website: marillac.com.au
The Recreational Respite program supports carers of a young person with a disability aged between 6 and 25 years who has high support needs in one of the following three areas: medical, physical or challenging behaviours. The program provides funding for use primarily over school holidays, to help the young person access community activities where possible. It assists carers to purchase limited services to support once-off or short term respite needs. Carers can either apply directly or their case managers, schools or other services can apply on their behalf. Please note that as demand for this program is very high, making an application does not guarantee you will receive assistance. Funding is allocated according to a priority of access tool. There are four funding rounds a year. Sign up to the Respite South newsletter on our home page to make sure you find out when applications are open for the next funding round.

Address: 260 Kooyong Rd, Caulfield 3162
Phone: 1800 052 222
Email: mi.holmes@alfred.org.au
Website: respitesouth.org.au
Monash Health Community: Great Break Peninsula Acquired Brain Injury Respite Program and Support Group

Springvale

The Great Break program offers seven supported day trips and four supported weekends away per year for people with an Acquired Brain Injury, who have an unpaid carer.

Address: Springvale Community Health, Level 1, 55 Buckingham Ave, Springvale 3171
Phone: 9792 7432
Email: disability.packages@monashhealth.org
Website: monashhealth.org

TEMCARE: CARE

Blackburn

CARE provides on-going and reliable respite care for children and their families who are in need of a break. Temcare’s volunteer carers provide respite care in their homes for children between the ages of 0 and 15 years. CARE placements are generally organised for one–two nights on a six weekly basis. There is a cost of $15 per night for each child in care. Where possible, sibling groups are placed together and in a region close to the child’s home. Alternative arrangements will always be discussed with the family first.

Address: 9 Queen St, Blackburn 3130
Phone: 9877 7729
Email: office@temcare.org.au
Website: temcare.org.au
Find us on Facebook
Yooralla: Breakaway Flexible Respite Program

Melbourne

Breakaway can provide funds of up to $1,500 per financial year to support short-term planned respite for the carers of a person with disability. It is important to note that funding is not guaranteed and is assessed according to a person's disability support needs, allocated via an application process and on the basis of availability, priority and program objectives. Funds cannot be allocated retrospectively.

Address: Level 14, 595 Collins St, Melbourne 3000
Phone: 9666 4500
Email: respite@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook
Respite activitie
Getting involved in recreation, sports and arts activities creates social opportunities as well as the chance to develop particular interests. Many respite services now offer social groups, camps and other leisure activities, providing greater opportunities for the person with a disability, as well as a break for families.

During the school holidays most local councils run holiday programs. Activities include games, arts and crafts, excursions etc. Some of these programs will cater for children with disabilities provided they have the extra assistance they require. It is very important to talk to the co-ordinator about the support needs of a child with disabilities well before the program commences. A clear understanding should be reached about “who is providing what” in the way of support.
Costs vary from service to service and therefore need to be discussed when making enquiries. Some programs receive Government funding to assist with the costs of delivering the program.

If you would like to know more about accessible and inclusive leisure options in your local community, contact Access for All Abilities Play (AAA Play).

There are multiple ways in which people can get in contact:

Email: request@aaavic.org.au

Phone: 1800 AAA VIC (1800 222 842)

Website: aaavic.org.au

Live online chat: During business hours

Twitter: @Access4AA

Find us on Facebook
Accommodation and Care Solutions: The Art Space

Highett

The Art Space by ACARES is a multi-purpose centre created by individuals for individuals. It offers a safe environment for people (18–65 years) with a disability to explore their artistic abilities. The Art Space facilitates the pursuit of interest-based activities throughout the year. Open Tuesdays, Wednesdays and Thursdays next to our head office in Highett, the service includes trained professionals who can assist individuals to access quality art materials, become independent in their craft and make new friends in the community.

Address: Avoca St, Highett 3190

Phone: 1300 675 893

Email: info@acares.com.au

Website: acares.com.au

Find us on Facebook
Allstars All Abilities Inc: Allstars Drama Group
Frankston South

Allstars Drama is an inclusive all abilities drama and performing arts group, based in Frankston. The program runs a weekly drama classes for people over the age of 14. Students need to be sufficiently independent so they are able to attend the classes without individual support. Allstars Drama is an initiative from BAM Allstars who also run weekly dance classes.

Address: 45 Casuarina Drv, Frankston South 3199
Phone: 0425 721 848
Email: bamallstars@outlook.com
Website: bamallstars.org.au
Find us on Facebook

Allstars All Abilities Inc: BAM Allstars Dance Crew
Frankston South

Dynamic, modern dance classes for people aged seven years and over. Dedicated classes for juniors, teens and adults. Relaxed, social and inclusive all abilities classes. Classes are currently offered in Frankston, Seaford & Brighton, with more classes to come.

Address: 45 Casuarina Drv, Frankston South 3199
Phone: 0425 721 848
Email: bamallstars@outlook.com
Website: bamallstars.org.au
Find us on Facebook
Arts Access Victoria: Get Out!
Frankston

Get Out! is a visual and performing arts program for adults with disability, providing respite for their family and voluntary carers. Get Out! is designed for adults with disability, including those with an intellectual, physical, sensory disability or an acquired brain injury. Get Out! is facilitated by professional visual and performing artists, and qualified support workers. Workshops are exploratory, developmental, skill based, social and fun. To comply with our funding body guidelines, participants must: live with a family member or voluntary carer, be over 18 years and live in the Frankston or Mornington Peninsula local council areas.

Address: Cube 37, 37 Davey St, Frankston 3199
Phone: 9699 8299
Email: grobinson@artsaccess.com.au
Website: thefac.com.au

e.motion21:
Kew

e.motion21 is a not-for-profit organisation that provides Australian-first, innovative dance and fitness programs for children and young adults with Down syndrome. The latest global research and techniques are used to develop the dance programs and specialist dance teachers are trained to deliver a meaningful experience for all participants. Through performance-based activities and community engagement, e.motion21 aims to enhance lives for people with Down syndrome and change perceptions of Down syndrome within society. Age appropriate classes are offered to individuals aged between 4 and 40 years with Down syndrome. Classes are held across nine locations in Victoria including Ballarat, Bendigo, Cranbourne, Geelong, Greensborough, Hightett, Kew, Pascoe Vale and Rowville.

Address: 188 High St, Kew 3101
Phone: 9854 7100
Email: info@emotion21.org.au
Website: emotion21.org.au
Find us on Facebook
Frankston Arts Centre: Artwell

Frankston

Artwell is a self-run community art group for mental wellness. Frankston Arts Centre (FAC) provides a venue for people living with mental illness to engage in creative expression using paint, pastel & other media. No facilitator present.

Address: Cube 37, 37 Davey St, Frankston 3199
Phone: 9784 1896
Email: artsaccess@frankston.vic.gov.au
Website: thefac.com.au

Frankston Arts Centre: Art in Dialysis

Frankston

Frankston Arts Centre has an Art Therapy Program with Dialysis Patients at Frankston Hospital. Art therapist Melissa Banks works with patients in the dialysis ward of Frankston Hospital. Patients participate in discussions about art, learn new drawing and painting techniques, explore with colour and use recycled materials to create art.

Address: Haemodialysis Services, Frankston Hospital, 2 Hastings Rd, Frankston 3199
Phone: 9784 7243
Email: smacdonald@phcn.vic.gov.au
Website: thefac.com.au
Frankston Arts Centre: Tuesday Art

Tuesday Art is a recreational art activities group for adults with complex health issues. Frankston Arts Centre (FAC) provides: a facilitating artist once per month; volunteer helpers (depending on availability); and an accessible venue. All art materials, tea, coffee and Milo are free. FAC does not provide carers or support workers, transport or offer free parking. All participants, if financially able, contribute $5 each week towards the cost of Tuesday Art. Please come to Tuesday Art even if you can’t pay $5 every week.

Address: Cube 37, 37 Davey St, Frankston 3199
Phone: 9784 1896
Email: artsaccess@frankston.vic.gov.au
Website: thefac.com.au

JAM music therapy: Junior JAM Music Therapy

Junior JAM is an inclusive preschool group music session for children and their parents. Assessment is required. HCWA provider. Individual music therapy sessions for children and adults is also provided.

Address: PO Box 8121, Brighton East 3187
Phone: 0414 753 420
Email: info@jammusictherapy.com
Website: jammusictherapy.com
Find us on Facebook
JAM Music Therapy
Brighton East

JAM is a group music therapy program for people with disabilities developing social and communication skills. It is a client-centered group therapy session where the group members can sing, play instruments and move to music. Nordoff Robbins Creative music therapy and strength based approaches are used. Groups are limited to eight members and assessment is required prior to joining.

Address: PO Box 8121, Brighton East 3187
Phone: 0414 753 420
Email: info@jammusictherapy.com
Website: jammusictherapy.com
Find us on Facebook

Joint Councils Access for All Abilities (JCAAAA):
is theatre – Drama Program
St Kilda

JCAAAA drama program is a calling for people who are aged 16+ years with an intellectual disability who love the performing arts. If you like to create, enjoy a spot of improv, stretch your imagination and perform then this is the program for you. Workshops are held weekly in St Kilda.

Address: 99a Carlisle St, St Kilda 3182
Phone: 9209 6706 or 9209 6159
Email: jcaaaenquiries@portphillip.vic.gov.au
Website: portphillip.vic.gov.au/jcaaa.htm
Ready Set Play Kids: Cirque Sur Roues
Brighton

Cirque Sur Roues (Circus on Wheels) is an all abilities circus that has been running weekly during school term for the past four years. Aimed to engage, inspire and challenge, participants of Cirque Sur Roues (CSR) learn to juggle, balance objects, spin plates, tumble, acrobatics, trapeze, hula hoops, flower sticks and other circus activities. CSR also has at least one performance a year where participants can show off their skills. As the name suggests, CSR are a circus for all abilities and encourage anybody and everybody to come and give it a try.

Address: 145A Carpenter St, Brighton 3186
Phone: 0401 721 533
Email: isi@readysetplaykids.com
Website: readysetplaykids.com
Find us on Facebook

Rotary Club of Brighton North: BusyFeet Bayside
Brighton

BusyFeet Bayside has created a unique place in Bayside for children aged 6–16 with disabilities, such as Autism Spectrum Disorder and Down Syndrome, by exploring their natural love of movement and music through weekly dancing classes. There is no charge and classes are held at the Sandybeach Centre on Wednesdays at 4:30pm. BusyFeet provides children who are unable to participate in mainstream sport or other recreational activities with an after school activity. The dancing is led by a trained dance teacher who anticipates their needs and one-on-one support from volunteers. BusyFeet provides the children with enjoyment, sharing, and a sense of being a valuable part of the community. The program also assists parents as during the dance time they are able to develop friendships and discuss issues with others in similar circumstances.

Address: PO Box 6001, Brighton 3186
Phone: 0418 589 641
Email: busyfeet@northbrightonrotary.org.au
Website: northbrightonrotary.org.au
Find us on Facebook
Wild At Heart: 
South Melbourne songwriting

North Melbourne

Wild At Heart’s songwriting workshops are about sharing stories. The workshops provide a safe and friendly environment for participants to shape their own stories and experiences into song. The workshops are facilitated by two highly skilled artists. Workshop participants will learn how to write, record and perform their own songs. The program suits people who are have never written a song before through to experienced songwriters and musicians.

Address: 5 Blackwood St, North Melbourne 3051
Phone: 9326 9970
Email: phil@wildatheart.org.au
Website: wildatheart.org.au
Find us on Facebook

Yooralla: 
Art Circle

Melbourne

Art Circle is an initiative that creates opportunities for artists with or without disability to work together. It provides an inclusive network for expression through visual, musical and performance art. Through skill based training, access to high quality art materials and professional tuition, artists have the opportunity to develop their skills and become independent in their artistic practice. Art Circle runs a number of workshops on weekdays, weekends, after hours and during school holidays.

Address: Level 14, 595 Collins St, Melbourne 3000
Phone: 9666 4500
Email: rec@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook
Camps & supported holidays

Calvary Community Care: Great Break Holiday
Mount Waverly

The Calvary Community Care respite program offers adults with a progressive neurological condition an opportunity to participate in a five day and four nights holiday. The respite program also offers up to four hours per week of support, where a client is matched with a trained support worker. The weekly respite can either be in-home or out of home support. The respite program provides some well-earned time-out for the carer. Adults who have a progressive degenerative neurological condition and are reliant on an unpaid carer living in Victoria are eligible. Referrals can be made by individuals, carers or service providers.

Address: 551 Blackburn Rd, Mount Waverley 3149
Phone: 1300 660 022
Email: ccc@calvarycare.org.au
Website: calvarycommunitycare.org.au
Cerebral Palsy Support Network: Camp SHARP  

Preston

Camp SHARP is an innovative four-day program that is designed specifically for young people with cerebral palsy. Camps are a rite of passage for many youth, and Camp SHARP provides this opportunity in a safe and supported environment with 24-hour care. Camp SHARP is aimed at members between 10 and 30 years of age. Activities include an accessible giant swing, fancy dress disco, roasting marshmallows by the fire, bowling as well as other shows and activities which change from camp to camp.

Address: 525 High St, Preston 3072  
Phone: 9478 1001  
Email: cpsn@cpsn.org.au  
Website: cpsn.org.au  
Find us on Facebook

Clubmates Travel: Domestic and International Supported Holidays  

Frankston South

ClubMates Travel was founded in 1988. Their aim is to provide supported travel to passengers with disabilities. One truly great thing about ClubMates is that they can facilitate almost any kind of holiday, whether you want to travel in your home country or abroad; as an individual or as part of a group. ClubMates Travel offers tailor-made holidays with specialised support structures, depending on the needs of the passengers and their destinations. This level of customisation means that each and every holiday is uniquely arranged.

Address: PO Box 5283, Frankston South 3199  
Phone: 1300 158 003  
Email: info@clubmatestravel.com  
Website: clubmatestravel.com  
Find us on Facebook
Disability Sport & Recreation

Fitzroy

Disability Sport & Recreation is a registered disability service provider as well as a registered service provider for the NDIS. There are three camps per year for children and young adults with a disability: a summer camp, a winter ski camp, and a future leaders camp. You can borrow sport and recreation equipment through their sports equipment library. They help Victorians with a disability find the most appropriate sport and recreation activities to suit their needs through their SportRec Access program.

Address: 341 George St, Fitzroy 3065
Phone: 9473 0133
Email: info@dsr.org.au
Website: dsr.org.au

Flying Fox: Camps

Caulfield South

Flying Fox runs getaways for young people with a disability where the only aim is to make friends and have fun.

Address: 342 Hawthorn Rd, Caulfield South 3162
Phone: 0439 310 923
Email: participants@flyingfox.org.au
Website: flyingfox.org.au

Find us on Facebook
Leisure Options:  
Supported Holidays and Travel  
Port Melbourne

Leisure Options is an accredited tourism business specialising in premium, boutique holiday and travel experiences for people with disabilities. The focus is on making what is often perceived as impossible, possible, by ensuring that tours are inclusive, barrier free and most of all, fun. Leisure Options offers a wide range of experiences that showcases the finest destinations throughout Victoria, interstate and internationally. With over 75 tours each year the company is successfully fulfilling its vision of accessible travel for all. The company has been recognised as an industry leader with awards on both State and National levels for its outstanding service to the tourism industry.

Address: Suite 50/574 Plummer St, Port Melbourne 3207  
Phone: 9646 0666 or 1300 363 713  
Email: mail@leisureoptions.com.au  
Website: leisureoptions.com.au  
Find us on Facebook

Lord Somers Camp & Powerhouse:  
Camp Diversity  
Albert Park

Camp Diversity operates over two weekends each year at Lord Somers Camp, at Somers, Victoria. Camp Diversity is a fun, activity-based program for young people 16–35 years of age living with physical or intellectual disabilities who are independent with their self-care. Camp Diversity offers participants new experiences, opportunities to build friendships and independence and have lots of fun with their peers. Camp Diversity is run by volunteers of Lord Somers Camp and Power House who donate their time to run a fun-filled program for all participants.

Address: 34 Lakeside Drv, Albert Park 3206  
Phone: 9510 7066  
Email: info@lordsomerscamp.org.au  
Website: lscph.org.au
Melba Support Services: Recreation and Skill Building

Lilydale

The recreational division of Melba Support Services specialise in creating exciting learning environments in amazing locations around Australia and the world. Typically, recreational activities are operated in small personalised groups with ratios not exceeding 1:3. The length of activities range from 3–11 days away and more personalised and individual experiences can be arranged upon request.

Address: PO Box 554, Lilydale 3140
Phone: 9212 0112
Email: kurtis.moore@melbasupport.com.au
Website: melbasupport.com.au

Milife-Victoria: Supported Respite Holidays

Frankston

MiLife-Victoria offers supported respite holidays throughout the year. Holidays offered are for seven days, five days and weekends. Individuals are encouraged to be involved with the planning of their daily leisure activities within the community. The respite coordinator ensures that people are in the company of others with similar interests, enabling new friendships to be formed.

Address: Suite 1, Level 1, 108–120 Young St, Frankston 3199
Phone: 9775 7333
Email: kerrie.kendall@milife-victoria.org.au
Website: milife-victoria.org.au
MOIRA: 
Camps and Short Breaks
Hampton East

MOIRA offers a range of one and two night camps during school holidays or on weekends for children with special needs. Suitable camp venues and activities are developed to meet the individual needs of the participants. Visit the MOIRA website for more information.

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: recreation@moira.org.au
Website: moira.org.au
Find us on Facebook

Scope: 
Great Break
Pakenham

Scope’s Great Break program offers 12 supported holidays each year to people with a disability who are aged 12 and over and who live with unpaid carers in the South Division. The trips are designed to be exciting and fun, providing opportunities to make new friends and have new experiences. Four people are able to attend every holiday and we use six purpose built facilities across Victoria. We go to the beach, the bush and everywhere in between! All applications will be considered, including those with high support needs.

Address: 6b Henry St, Pakenham 3810
Phone: 0438 362152
Email: south@scopevic.org.au
Website: scopevic.org.au
Find us on Facebook
VIC ASD Family Weekends: Weekends Away
Carrum Downs

VIC ASD Family Weekends offers shared weekends away with families living with ASD. This is not a respite weekend and runs twice per year. Your family provides all costs for food and accommodation. They help you to network with other families and meet new friends.

Address: 29 Orama Ave, Carrum Downs 3201
Phone: 0407 701 968
Email: vicasdfamilyweekends@gmail.com
Website: vicasdfamilyweekends.weebly.com
Find us on Facebook

WOW Tours: Leisure Holidays and Respite
Box Hill South

WOW TOURS provides supported holidays/respite opportunities for people of all abilities. WOW Tours offers holidays that encourage choice, provide the opportunity to have fun, and are supported by qualified staff with a commitment to meet individual needs. The aim is to provide new and enjoyable activities. The trips are well-staffed to enable activities to be targeted at the individual client’s preferences and capacities. WOW Tours are able to cater for individuals with varied support requirements including sensory needs, modified diets, peg feeding, complex medical and behavioural needs and night care.

Address: PO Box 4023, Box Hill South 3128
Phone: 9890 2859
Email: admin@wowtours.com.au
Website: wowtours.com.au
Find us on Facebook
YMCA Victoria: YMCA Escapes
Carlton

YMCA Escapes are passionate about adventure and travel and offer the chance for everyone to experience it. We specialise in supported holidays, camps and days camps. Each escape is carefully planned to maximise fun. All activities are accessible and inclusive so that everyone has the ability to participate in their own way. YMCA Escapes ensure that every traveler leaves the escapes healthier, happier and more connected through their love of travel and adventure.

Address: PO Box 1145, Carlton 3053
Phone: 8397 3111
Email: ymcaescapes@ymca.org.au
Website: victoria.ymca.org.au/escapes
Find us on Facebook
Able Australia:
Family and Community Support
Camberwell

Family and Community Support is a flexible in-home or community based program that aims to have participants engaged in their local community, be that through engagement in a recreational/social activity of their choice or through engagement with 1:1 staff support in the home environment, learning and developing skills in areas of their own interest. The program is aimed to be flexible with hours of support, preference of staff and choice of activity. It is available to all age groups, genders and disabilities. It is fee for service.

Address: 616 Riversdale Rd, Camberwell 3124
Phone: 1300 225 369
Website: intake.vic@ableaustralia.org.au
Email: ableaustralia.org.au
Find us on Facebook
Accommodation & Care Solutions: Community Access Planning
Highett

Accommodation & Care Solutions (ACARES) has qualified community access and recreation planners who work with you to source and trial community and recreation activities or to plan a holiday. The focus is to get the best out of your funding by either arranging meaningful and fun activities or allocating the funds for a respite holiday break. Planners work with you 1:1 to support you in a professional way and identify your goals and interests. They can also assist school leavers plan their next steps and assist during transition periods.

Address: 1 Avoca St, Highett 3190
Phone: 1300 675 893
Email: info@acares.com.au
Website: acares.com.au
Find us on Facebook

Alfred Health Carer Services: Recreational Respite Program
Caulfield

The Recreational Respite Program supports carers of a young person with a disability aged between 6 and 25 years who have high support needs in one of the following three areas: medical, physical or challenging behaviours. The program provides funding for use primarily to help the young person access community activities. It assists carers to purchase limited services to support once-off or short term respite needs. Carers can either apply directly or their case managers, schools or other services can apply on their behalf. Please note that as demand for this program is very high, a notional brokerage limit is in place. Carers must call 1800 052 222 to complete an annual assessment and meet eligibility criteria in order to be registered for the program.

Address: 260 Kooyong Rd, Caulfield 3162
Phone: 1800 052 222
Email: info@carerservices.org.au
Website: carersouth.org.au

Time for a Break
Respite activities
Cerebral Palsy Support Network: CP Innovative Choices
Preston

CP Innovative Choices gives you choice and control in managing your own care. You choose your support workers, the hours they work and the type of support that they provide. The Cerebral Palsy Support Network takes care of all of the employer obligations and provides you with support to manage your own home program. CP Innovative Choices is a culturally safe program available to CPSN members, that empowers you to recruit support workers who suit your lifestyle and fit your values.

Address: 525 High St, Preston 3072
Phone: 9478 1001
Email: cpsn@cpsn.org.au
Website: cpsn.org.au

Find us on Facebook

City of Casey: Recreation Access Program (RAP)
Narre Warren

The City of Casey RAP program is a respite funded leisure program for children, teenagers and adults with a disability. RAP provides a break to parents/carers and an opportunity for individuals with a disability to socialise and establish friendships with people with similar abilities and interests. The program offers activities such as adult and teenage social groups, day trips and weekends away throughout the year.

Address: Magid Drv, Narre Warren 3805
Phone: 9705 5444
Email: leisurerespite@casey.vic.gov.au
Website: casey.vic.gov.au
Extended Families: Live Your Community
Box Hill

Extended Families is a flexible, volunteer based support for children with a disability (0–17 years) who experience barriers to participation in community activities. A trained adult volunteer supports the child to become more involved in their local community. Volunteers provide friendship, practical assistance and mentoring to help the child develop their skills and abilities to foster positive experiences in recreation and leisure activities.

Address: Suite 15, 27 Bank St, Box Hill 3128
Phone: 9285 4838
Email: southern@extendedfamilies.org.au
Website: extendedfamilies.org.au
Find us on Facebook

Irabina Autism Services: Training & Development Workshops
Pakenham

Irabina Autism Services offers a wide range of education workshops for families/carers and professionals. These range from workshops for families and teachers through to conferences and seminars featuring international autism research experts. Go to their website to check the calendar.

Address: 9a Dunbarton Drv, Pakenham 3810
Phone: 9720 1118
Email: autism@irabina.com
Website: irabina.com
Find us on Facebook
Joint Councils Access for All Abilities (JCAAA): Weekend Recreation Programs

St Kilda

JCAAA offers a variety of weekend programs for every age group and interest.

Community Kitchen
For adults who love their food – both eating and cooking it. Every Sunday afternoon, up to 12 people come together at Prahran Mission for some food frolicking.

Also offered are monthly programs including:

Hype
Our energetic Hypies aged 14–21 years love to mix it up around Melbourne.

Stepping Out
For 21–35 year olds who like to have a laugh and experience new things.

Fresh
Our mature Freshies aged from 35–55 enjoy the nicer things in life at a more leisurely pace.

Saturday Night Fever
For over 18s only. A supported event where you don’t even need to register! Just turn up with your dancing shoes and groove the night away with our great DJ. The $15 entry fee gives you access to games, prizes and pizza. Of course, carers can come along for free. This party provides less support than our other programs, so if you want to come along please make sure that you can handle your own money and get yourself home. For more information, please see our website.

Address: 99a Carlisle St, St Kilda 3182
Phone: 9209 6706 or 9209 6159
Email: jcaaaenquiries@portphillip.vic.gov.au
Website: portphillip.vic.gov.au/jcaaa.htm
Life Without Barriers: School Holiday and Respite Program
Dandenong

Life Without Barriers’ School Holiday and Respite Program runs from a base in Cranbourne North. They offer an afterschool program on Monday–Friday and also all day on Saturday. There is also a school holiday program on each day of the school holidays.

Address: Level 2, 1–7 Langhorne St, Dandenong 3175
Phone: 0437 262 194
Email: paula.mueller@lwb.org.au
Website: lwb.org.au

MOIRA: Recreation Program
Hampton East

MOIRA offers weekend recreation programs for both primary and secondary school aged children. Activities are developed to meet the individual needs and interests of the participants and offer a variety of choices including incursion and excursion activities. Programs run across various locations within the Southern Region. Recreation activities are advertised throughout the year on the MOIRA website. To view the current range of activities refer to the calendar of events on the MOIRA website.

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: recreation@moira.org.au
Website: moira.org.au
Find us on Facebook
Monash Health Community Brain Injury Services Program

Springvale

The Brain Injury Services Program is for adults with an Acquired Brain Injury (ABI) who have identified goals that will assist them to become more independent in the community.

Address: Springvale Community Health, Level 1, 55 Buckingham Ave, Springvale 3171
Phone: 9792 7432
Email: disability.packages@monashhealth.org
Website: monashhelath.org

Outlook: Recreation & Leisure Pakenham

Outlook offers a range of recreation and leisure activities for people with disabilities and respite for their families/carers through the provision of weekends away, holidays and community access activities.

Address: 24 Toomuc Valley Rd, Pakenham 3810
Phone: 5941 1535
Email: dsm@outlookvic.org.au
Website: outlookvic.org.au
Find us on Facebook
OzChild: Flexible Respite
Mornington

OzChild’s Flexible Respite Program provides individualised support to people with disabilities and is tailored to meet individual needs. The program aims to provide clients with new opportunities to participate in their community, access social events, make friends, build confidence and self-esteem, develop independence and of course, have fun!

Address: 947 Nepean Hwy, Mornington 3931
Phone: 5975 7644
Email: disabilityserviceenquiries@ozchild.org.au
Website: ozchild.org.au

Statewide Autistic Services Inc (SASI): SASI Recreation Program
Frankston

SASI offers a variety of community based recreation services for children and adults living in the Southern Metropolitan Region. SASI’s recreation programs include school holiday programs, camps, weekend recreation activities and 1:1 in-home and community based support. Recreation outings are supervised by SASI’s professional staff. Generally, the staff to client ratio is 1:2, however 1:1 support can be provided where required. The outings are person-centered, fun and may include: sporting events, concerts, horse riding, swimming, go-karting, fishing, cinema, ten pin bowling and trains just to name a few. Nominal fees and a waiting list apply. Fee for service options are also available for people who would like to access the program immediately.

Address: Level 1, 54–58 Wells St, Frankston 3199
Phone: 9773 6044
Email: enquiries@sasi.org.au
Website: sasi.org.au
Find us on Facebook
The Bridge Inc: Getaways
Dandenong

Group activities and weekends away take you on adventures far and wide, giving you amazing experiences and fun times. Individual in-home or tailored community-based support can also be provided. Some activities are government funded and others are on a fee for service basis. Please contact us for more information or if you wish to be on our mailing list.

Address: PO Box 7030, Dandenong 3175
Phone: 8710 8588
Email: info@thebridgeinc.org.au
Website: thebridgeconnects.org.au/getaways.html
Find us on Facebook

The Lab Network/AAHA
Frankston & Dromana

The Lab is a growing national network of after-school technology and social clubs for young people aged 10–16 years old with high functioning Autism or Asperger’s Syndrome. The Lab offers an opportunity to develop social skills through shared interests in IT and learn new technical skills through professional mentoring in areas such as programming, 3D, digital design and gaming. The Lab provides a safe, unstructured environment, where young people are encouraged to find their own place, choose their own activities and develop their own interests and friendships. The Lab also provides a support network for parents who are encouraged to meet during Lab sessions. The Lab’s approach is unstructured and does not have expectations of specific
education or technology outcomes. By pairing young people on the autism spectrum with tutors who have technical expertise in areas of mutual interest, the Lab seeks to improve the wellbeing and life prospects of young people who are often highly skilled but whose challenges can lead them to fall through gaps in the mainstream education system.

Website: thelab.org.au or aaha.com.au

**Frankston**

Address: Karingal Neighbourhood House, 103 Ashleigh Ave, Frankston 3199

Email: frankston@thelab.org.au

**Dromana**

Address: Autism After Hours Activities, Dromana Community House, 15 Gibson St, Dromana 3939

Email: autismaha@gmail.com

**Vision Australia: Kooyong Activities Group Kooyong**

Vision Australia’s Kooyong Activities Group is designed to meet some of the recreation and social needs of adults who are blind or have low vision. Groups are held on Mondays, Tuesdays and Thursdays each week and are facilitated by qualified Vision Australia staff and supported by volunteers. Group activities include: outings, socialisation activities, sport, crafts (including pottery and textiles), music, guest speakers, general interest discussion, quizzes and cooking. Participants are welcome to speak to the Recreation Support Worker at Kooyong to develop a range of activities based on their interests.

Address: 454 Glenferrie Rd, Kooyong 3144

Phone: 9854 9260

Email: koolvc@visionaustralia.org

Website: visionaustralia.org

Find us on Facebook
Wesley Mission Victoria: Kids Under Kanvas

Croydon

Kids Under Kanvas is a community based respite program involving day activities and camps provided on weekends throughout the year. The service is for 8–18 year old young people with mild to moderate disabilities. The program is supported by trained volunteers. At times volunteer matching may take some time to ensure your child can be supported by our volunteer appropriately. Volunteers have Working with Children Check and police checks as well as regular supervision and training as required. KUK has two age groups which are 8–13 years old and 14–18 years old. Activities are designed to be age appropriate and are based on participant’s interests. Picking up and drop off location is at the Melbourne city and Nunawading Library.

Address: 9 Civic Sq, Croydon 3136
Phone: 9839 6100
Email: kukteam@wesley.org.au
Website: wesley.org.au

Yooralla: Recreation

Melbourne

Yooralla’s Recreation Services provide a broad range of activities to people of all ages. Activities can be fun, adventurous or relaxing. They can be group activities or they can support individual goals and pursuits. They may be day activities, a weekend camp, a week away or even longer. Recreational activities are great for increasing community participation, building social networks and also provide a carer with rest time.

Address: Level 14, 595 Collins St, Melbourne 3000
Phone: 9666 4500
Email: rec@yooralla.com.au
Website: yooralla.com.au
Find us on Facebook
Family holidays & weekends away

Boomerangs: Otways and Johanna

Johanna

The Boomerangs are award winning boomerang shaped cottages catering for people with disabilities and close to all major attractions. One cottage is accessible.

Address: 3815 Great Ocean Rd, Johanna 3238

Phone: 5237 4213 or 0429 355 099

Email: bookings@theboomerangs.com

Website: theboomerangs.com/disabled-facilities
Fisheye9
Skenes Creek

Fisheye9 is a lovely two bedroom all abilities accessible cabin on the Great Ocean Road, Apollo Bay. It has an accessible ramp, shower with rails and seating and ceiling track for a hoist, but retains a comfortable feel with views of the ocean. The proprietors can provide information on local support services or equipment hire if required.

Address: 9 Old Coach Rd, Skenes Creek 3233
Phone: 0427 376 101 or 0438 376 910
Email: tbrunner1@bigpond.com
Website: fisheye9.com
Find us on Facebook

focus’ Individualised Support Services: Holiday House
Dromana

focus’ Individualised Support Services has a three bedroom holiday house located in Dromana that sleeps five people. The house has a parents retreat upstairs and a beautiful garden that is enclosed and close to the beach. It is available to carers for a retreat, as a holiday for people with a disability who can bring their own support worker (or have focus arrange support), or a holiday for the entire family with or without support. Support can be provided through your funding package. Conditions may apply.

Address: 5 Beach St, Dromana 3936
Phone: 5981 5100
Email: admin@focuslife.com.au
Website: focuslife.com.au
Great Ocean Stays: Holiday Accommodation
Barwon Heads

Bell Air Complex won the Geelong Business Excellence Awards 2016 for “Best Accessible Business”. The complex offers four separate fully self-contained accessible holiday homes. Each home sleeps seven to eight guests with features including electric stair chair, range of mobility aides, wheelchair accessible vehicle hire, in house support services and shopping service. Future Bell Air homes will include a lift and pool, due for completion May 2017.

Address: PO Box 1191, Barwon Heads 3227
Phone: 0403 515 605
Email: enquiries@oceangrovestays.com.au
Website: greatoceanstays.com.au
Find us on Facebook

Hazelwood Cottage: Holiday Accommodation
East Warburton

Hazelwood Cottage is a self-contained farm house set on 30 acres with seven bedrooms and four bathrooms. The cottage is available to all but is especially equipped and designed for people with disabilities and their carers. The house is large and roomy with no steps on the ground floor where there are five bedrooms. Upstairs has two bedrooms and a bathroom. The cottage includes a well equipped kitchen and a recreation room with a table tennis table. There is a beautiful garden setting with Yarra Valley views, bush walks on the property and friendly farm animals. It is close to many day trips including Healesville Sanctuary, Mt. Donna Buang, and wineries. It is located 7km from Warburton which provides all basic shopping needs and interesting shops to explore.

Address: 105 Hazelwood Rd, East Warburton 3799
Phone: 0407 300 665
Email: hazelwoodvic@gmail.com
Website: hazelwoodcottage.com.au
Presentation Family Centre Inc
Balnarring

Presentation Family Centre offers a holiday/respite centre for families to get away and re-generate their spirit and re-connect with each other. Open all year round. Holiday programs run through school holiday periods.

Address: 122 Balnarring Beach Rd, Balnarring 3926
Phone: 5983 1819
Email: presfamilyholidays@bigpond.com
Website: presentationfamilycentre.org.au

Find us on Facebook

Ripples n Tonic: Alvina Farmstay
Cowes

Alvina Farmstay is set on 15 acres near Ventnor beach on Phillip Island with farm animals including cattle, sheep, alpacas, ponies, chickens, goats and peacocks. The property includes: children's playground, inground trampoline, games, outdoor spa, communal kitchen and gathering area, outdoor fire pit and wood-fired pizza oven. Close to all of Phillip Island's attractions, the farmstay offers accessible and inclusive accommodation for up to 40 people. Comprising six self-contained cottages, either two or three bedroom, this property is ideal for group camps and retreats, family groups or individual respite with carers.

Address: PO Box 531, Cowes 3922
Phone: 5956 8416
Email: relax@ripplesntonic.com.au
Website: ripplesntonic.com.au

Find us on Facebook
Ripples n Tonic: Beach House

Cowes

Beach House is a fully accessible respite beach house right on the beautiful Silverleaves foreshore on Phillip Island, approx 1.4 km from Cowes town centre. The house sleeps eight and has a commode, hoist, shower chair, hi-lo bed and aquatic wheelchair. Minimum two night stay. All linen provided. Free wifi, book and DVD library. Accessible 60mtr walk from back door to the beach. Relaxing natural outdoor setting with BBQ, including dining area, hot outdoor shower and more. 4 star accredited.

Address: PO Box 531, Cowes 3922

Phone: 5956 8416

Email: relax@ripplesntonic.com.au

Website: ripplesntonic.com.au

Find us on Facebook
Wattletree Cottage: Holiday Retreat

Warburton

Wattletree Cottage is a five bedroom house that provides wheelchair access. It has two bathrooms. One bathroom is for easy access and has a roll in shower, rails, hand held shower rose and non slip flooring. There is also a king single height adjustable bed and some specialised equipment such as a shower commode on wheels, standard shower chair and a mobile hoist. There is an enclosed playground area and the back verandah also has a locked gate. The house has lovely mountain views and sits on half an acre.

Address: 25 Wattletree Rd, Warburton 3799
Phone: 0400 822 766
Email: bookings@wattletreecottage.com.au
Website: wattletreecottage.com.au

Westminster Travel: Flying High

Richmond

Flying high tours creates opportunities for supervised local and overseas holidays. The aim is to broaden recreation and social options for young adults with mild intellectual disabilities. Activities have included trips to Disneyland, Bali, New Zealand and cruises.

Address: 2/420 Church St, Richmond 3121
Phone: 9429 8400
Email: jjohnhil@bigpond.net.au
Out of school hours care

Bayside City Council: Bayside – Hang Out
Sandringham

The Peterson Youth Centre (corner of Highett Rd and Peterson St, Highett) is a location for young people aged 10–25 years old to come and hang out on Mondays between 3pm–5pm. A range of activities are offered including art, cooking, sport and games. Young people requiring assistance for personal care must bring their own support worker.

Address: 76 Royal Ave, Sandringham 3191
Phone: 9599 4622
Email: youth_services@bayside.vic.gov.au
Website: bayside.vic.gov.au/youth
Find us on Facebook
Irabina Autism Services: Social Skills After School Program

Pakenham

The Social Skills After School Program runs once a week and is facilitated by Speech Pathologists, with consultation from Psychologists. The highly respected and evidence-based Social Thinking model of Michelle Garcia-Winner and the Talkabout model by Alex Kelly are used as a framework for the program. This group is designed to support children with strong language and learning skills to develop the skills they need to become flexible social thinkers and social problem solvers. These skills can be transferred to home and school settings with the support of parents and educators.

Address: 9a Dunbarton Drv, Pakenham 3810
Phone: 9720 1118
Email: autism@irabina.com
Website: irabina.com

Joint Councils Access for All Abilities (JCAAAA): Holiday Programs

St Kilda

Adult Holiday Arts: This holiday program runs for one week giving adults an opportunity to explore and express their artistic talents. Come along and be inspired by creative leaders and fellow artists. MSAC Youth Holiday Program, for ages 13–25, offers a waterslide, wave pool, flowrider, basketball, yoga and heaps of other activities to get you moving, fit and having fun!

Address: 99a Carlisle St, St Kilda 3182
Phone: 9209 6706 or 9209 6159
Email: jcaaaenquiries@portphillip.vic.gov.au
Website: portphillip.vic.gov.au/jcaaa.htm
Joint Councils Access for All Abilities (JCAAAA): Enhancing Vacation Care (EVC)

St Kilda

The Enhancing Vacation Care Program is designed to support young people with disability in mainstream holiday programs. JCAAAA’s EVC program works with mainstream providers so that kids and teenagers with a disability can attend local programs. They work with parents to determine what staffing is required with two different levels available; namely 1:1 or 1:2/3. To be eligible for the program, participants must live or study within the cities of Bayside, Glen Eira, Port Phillip or Stonnington.

Address: 99a Carlisle St, St Kilda 3182

Phone: 9209 6706 or 9209 6159

Email: jcaaaenquiries@portphillip.vic.gov.au

Website: portphillip.vic.gov.au/jcaaa.htm
School holiday programs

After-Care: School Holiday Program
Rye

After-Care supports people receiving individualised disability funding including people with high physical and health support needs, neurological illness, ABI and autism. After-Care offers a School Holiday Program (SHP) supporting groups to access the community. They go to different locations organised by their Respite Coordinator so you can engage in different activities and have lots of fun. All groups are supported by Direct Care Workers (DCW’s), whether it’s supported care, one on one care, or a tailored service. After-Care is more than happy to discuss your needs. All participants are taken to and from their daily activities by bus.

Address: PO Box 545, Rye 3941
Phone: 1300 464 663
Email: inhome@after-care.com.au
Website: after-care.com.au
Find us on Facebook
Bayside City Council: School Holiday Program
Sandringham

Exciting and challenging activities held each school holidays for young people aged 10–17 years old who live or go to school in Bayside. Young people with additional needs can register with Joint Council’s Access for All Abilities (JCAAA) prior to booking to access support staff. A discount of 50% is offered to Bayside young people named on a health care card.

Address: 76 Royal Ave, Sandringham 3191
Phone: 9599 4622
Email: youth_services@bayside.vic.gov.au
Website: bayside.vic.gov.au/youth
Find us on Facebook

CareChoice: Holiday Program
Clayton

CareChoice runs an interactive school holiday program specifically developed for children with disabilities. The program focuses on social inclusion, skills development and friendship, and provides 1:1 support in a range of diverse excursion-based activities. Suitable for participants from 5–18 years of age it is jam-packed with fun-filled activities suited to the needs and abilities of those attending.

Address: E7/2A Westall Rd, Clayton 3168
Phone: 1300 737 942
Email: enquiries@carechoice.net.au
Website: carechoice.net.au
Find us on Facebook
City Of Casey: Enhancing Vacation Care Program

Narre Warren

The Enhancing Vacation Care Program (EVCP) works in partnership with local mainstream school holiday program providers to enable the standard program/activities to be more accessible to young people. The program is available to 5–17 year olds who have a mild intellectual disability. EVCP funds the providers of school holiday programs to employ extra staff to cater for children and teenagers with a disability at a ratio of 1:3. The service also helps parents and carers to enrol their children into the school holiday programs. Families can access a maximum of three days per week for each week of the school holiday period. EVCP also coordinates the following programs:

**EVC Kids**
For young people aged 5–12 years with moderate support needs, at a 1:3 ratio in a disability specific program based in Cranbourne.

**EVC Independent**
For young people aged 5–12 years, linking children with a low to moderate disability into mainstream primary school holiday programs.

**Teenage School Holiday Program**
For young people aged 12–17 years linking people with a low to moderate disability into the Teenage School Holiday Program.

Address: PO Box 1000, Narre Warren 3805
Phone: 9705 5200
Email: lrespite@casey.vic.gov.au
Website: casey.vic.gov.au
Irabina Autism Services: Intensive School Readiness Program
Pakenham

Irabina Autism Services School Holiday Program is specifically for children who will be attending a mainstream school in 2017. The group will work on the following necessary skills for a smooth transition to a mainstream school environment: play skills/social skills, pre-reading, emotions and emotional regulation, winning/losing, pre-writing/handwriting, pragmatic language skills and classroom based skills.

Address: 9a Dunbarton Drv, Pakenham 3810
Phone: 9720 1118
Email: autism@irabina.com
Website: irabina.com

Find us on Facebook

Marillac Ltd: Enhancing Vacation Care – Cardinia
Pakenham

Marillac’s Enhancing Vacation Care Service can help you join in vacation care activities that are run for primary and secondary school aged children during school holidays within the Cardinia Shire. Those eligible are aged between 5–17 years old, have a mild to moderate disability, would be able to participate with minimal support and live in the Shire of Cardinia.

Address: 5–7 Main St, Pakenham 3810
Phone: 9591 6488
Email: info@marillac.com.au
Website: marillac.com.au
MOIRA: Mill Street Vacation Care
Aspendale

A collaborative partnership between MOIRA, City of Kingston and Yarrabah Special Developmental School, the Mill St Vacation Care program is a 45 place program offering an exciting range of recreation programs tailored to meet the individual needs of children. Of the 45 places available, 15 places are for children with disabilities and 30 places are for children without disabilities. The program is delivered by experienced and qualified staff. Children between the ages of 5–12 years are eligible, with priority given to families residing within the City of Kingston. The Commonwealth Childcare Benefit/Rebate is available to eligible families.

Address: School Holiday Program, City of Kingston, PO Box 1000, Mentone 3194
Phone: 9581 4846 or 9581 4875
Email: schoolholidayprogram@kingston.vic.gov.au
Website: moira.org.au

MOIRA: School Holiday Program
Hampton East

MOIRA offers school holiday programs for both primary and secondary school aged children. Activities are developed to meet the individual needs of the participants and offer a variety of choices including incursion and excursion activities. Programs run across various locations within the Southern Metropolitan Area. School Holiday programs are advertised throughout the year on the MOIRA website. To view the current range of activities refer to the calendar of events on the MOIRA website.

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: recreation@moira.org.au
Website: moira.org.au
Find us on Facebook
Scope: Southern Recharge
Pakenham

Southern Recharge is a school holiday program that is run at community venues in Somerville and Berwick during each holiday period. It is for children aged 6–18 years of age who live with unpaid carers. The program is run by the community venue and includes activities such as ball games, playing in the gym, cooking, craft work and dancing. Great fun is had by all!

Address: 6b Henry St, Pakenham 3810
Phone: 0438 362 152
Email: south@scopevic.org.au
Website: scopevic.org.au

Find us on Facebook

St Mary’s Health Services: School Holiday Programs
Chelsea Heights

St Mary’s Health Services offer a range of recreational activities during all school holidays for all ages, from 6–12 years, 13–17 years and 18+ years. They cater for all types of care needs including high care with 1:1 support. There are outdoor activities weather permitting, if not then alternative indoor activities are organised.

Address: 13 Eighth Ave, Chelsea Heights 3196
Phone: 9773 8234
Email: info@stmaryshealthservices.com.au
Website: stmaryshealthservices.com.au

Find us on Facebook
Autism After Hours Activities (AAHA): Recreational Program for People Living with Autism

Dromana

AAHA is a not-for-profit charity offering recreational programs for people living with Autism Spectrum Disorder (ASD), including Asperger syndrome, and their family. Activities are offered in age groups after school/work, on weekends and during school holidays. Programs are currently run in Dromana. Recreational activities are advertised throughout the year.

Address: 13 Bellevue Rd, Dromana 3936
Phone: 0491 104 752
Email: autismaha@gmail.com
Website: aaha.com.au
Find us on Facebook
Cerebral Palsy Support Network: Social Squad
Preston

Social Squad provides opportunities for young people with Cerebral Palsy (CP) to socialise and develop friendships in a relaxed and supported environment. Individuals participate in activities within the community while developing networks and social independence. Each month groups meet at a central location before embarking on the day’s event. Events include excursions to popular attractions or in-house social activities. Social Squad is open to individuals with CP who are 10–30 years old.

Address: 525 High St, Preston 3072
Phone: 9478 1001
Email: cpsn@cpsn.org.au
Website: cpsn.org.au
Find us on Facebook

Extended Families: Vietnamese Community Programs
Box Hill

My Time Parent Support Group runs for Vietnamese families in Springvale on Mondays, for parents of children 0–16 years old who have a disability or chronic medical condition. Families can bring their pre-schoolers to play. A Vietnamese Friendship Group runs for children 3–17 years old and their families on one Saturday each month. These programs are run by Vietnamese workers and include social events and family outings.

Address: Suite 15, 27 Bank St, Box Hill 3128
Phone: 9275 6953
Email: manager.southeast@extendedfamilies.org.au
Website: extendedfamilies.org.au
Find us on Facebook
Malvern Special Needs Playgroup

Malvern

Malvern Special Needs Playgroup aims to support pre-school children with developmental delays or disabilities. It offers regular developmental play sessions under the supervision of a kindergarten teacher, multi-disciplinary therapists and a team of assistant volunteers. Families benefit from four hours of respite within these sessions on a Tuesday or Thursday each week of the school year. The Playgroup provides an environment and opportunity to meet and exchange information, ideas and resources with other parents and professionals.

Address: 22 McArthur St, Malvern 3144
Phone: 9822 3877 or 0490 295 836
Email: office@msnp.org.au

Melba Support Services: Social Impact

Lilydale

Social Impact is a relationship training program plus events for people with intellectual disabilities to help form and maintain friendships and relationships. Individual objectives for participants are: increased social skills, greater resilience, assertiveness, greater emotional independence, sex education, reduced risk of sexual abuse, better understanding of relationships overall, greater communication skills, improved personal hygiene and grooming. The program is delivered over 40 weeks via an accredited training model, run either one day per week or two half days per week depending on what suits the people doing it. Groups are 8–12 in size and run at venues that suit people and their ability...
to get there. Some of the topics covered in this program include: Let’s begin with me – increasing my personal effectiveness; Meeting New People, Conversations and Communication; Getting to know me, assertiveness and setting my goals; Body image & dating, including safe dating; Healthy Mind and Healthy Body; Building Relationships and friendships; Safe Sex and Sex; Lifestyle, Alcohol & Money Management; Social Media Awareness and Sexting and Review & Evaluation.

MOIRA: Sibling Support Program
Hampton East

MOIRA offers a sibling support program that consists of a monthly social activity group for children aged 8–14 years and an annual camp. The program aims to provide a friendly and relaxed environment where siblings can interact and experience a unique sense of belonging. It is a fun filled and creative program which enhances self-esteem and builds friendships. Children and young people aged 8–18 years who have a brother or sister with a diagnosed disability or chronic condition are eligible to attend the annual camp.

Address: 928 Nepean Hwy, Hampton East 3188
Phone: 8552 2222
Email: recreation@moira.org.au
Website: moira.org.au
Rec-Line OC Connections: Oakleigh Centre

Oakleigh

Rec-Line offers small groups 1:1 supported recreation and leisure in the community. Rec-Line also runs the Thursday night disco in Glen Waverley.

Address: 773 Warrigal Rd, Oakleigh 3166
Phone: 9564 0989
Email: rec-line@oakleighcentre.org
Website: occonections.org

Scope: Community Inclusion

Aspendale

Scope’s Community Inclusion Team offers a range of services that support people with disability to take part in community based activities such as Balloon Football, art classes and social groups.

Address: Cnr Station St & Nepean Hwy, Aspendale 3195
Phone: 1300 472 673
Email: spotter@scopevic.org.au
Website: scopeaust.org.au
Find us on Facebook
Sailability aims to introduce people of all ages and abilities to the joys of sailing in a straightforward, fun and inexpensive way. Most sailors enjoy the freedom and fun of recreational sailing and the supportive social atmosphere. However, there are also plenty of opportunities for the more competitive to develop their racing skills. Go to the Sailability website to find a program near you.

Address: 2/77 Beach Rd, Sandingham 3191
Phone: 9597 0066
Website: sailabilityvictoria.com.au
Find us on Facebook
Basketball Victoria, Basketball For All

Wantirna South

Basketball Victoria is always looking to ensure our programs include everyone! To make sure all participants can be involved, we are able to change the environment, including the rules of the game and equipment used (e.g. wheelchairs, ball size, court size) to provide opportunities that are both flexible and enjoyable for everyone. Basketball Victoria currently has approximately 35 inclusion programs across Victoria. These programs cater for a variety of ages and abilities including the opportunity to participate in wheelchair basketball. For more information please contact the Inclusion Department at Basketball Victoria.

Address: 291 George St, Wantirna South 3152
Phone: 9837 8000
Email: alice.hammond@basketballvictoria.com.au
Website: basketballvictoria.com.au

Baseball Victoria: Baseball For All Initiative

Albert Park

Baseball Victoria’s inclusive champion clubs have the capacity to engage all members of the community in their adaptable physical activity programs. Participation and volunteer roles are always available and Baseball Victoria work with each participant to integrate them fully into the sport.

Address: Level 2, Sports House, 375 Albert Rd, Albert Park 3206
Phone: 9645 8000
Email: playball@baseballvictoria.com.au
Website: baseballvictoria.com.au
Find us on Facebook
The Victorian Blind Cricket Association (VBCA) is the home of blind cricket in Victoria. Blind cricket was invented in Melbourne in 1922. The world's first sports ground and clubhouse for blind people was developed at Kooyong, Melbourne in 1928 and is still used today as the home of the VBCA.

Address: 454 Glenferrie Rd, Kooyong 3144
Phone: 0401 718 926
Email: secretary@vbca.org.au
Website: vbca.org.au
Find us on Facebook

Blind Sports & Recreation Victoria (BSRV) provide sporting and recreational opportunities to people who are blind or vision impaired.

Address: 454 Glenferrie Rd, Kooyong 3144
Phone: 9822 8876
Email: info@blindsports.org.au
Website: blindsports.org.au
Find us on Facebook
Blind Sports & Recreation Victoria: Walking with Willpower
Kooyong

Blind Sports and Recreation Victoria (BSRV) offers a range of sport and recreation programs for people who are blind or vision impaired. The popular ‘Walking with Willpower’ program provides a friendly, regular walking buddy for people with vision loss in their area. BSRV also offers a range of safe, supported activities, including blind aquatics, square dancing, tennis, ballet, gymnastics and bowling. Our programs help improve the health and well-being of participants in a fun and social team environment.

Address: 454 Glenferrie Rd, Kooyong 3144
Phone: 9822 8876
Email: info@blindsports.org.au
Website: blindsports.org.au
Find us on Facebook

Cerebral Palsy Support Network: M-Power Health & Recreation
Preston

M-Power Health and Fitness encourages participants to develop a positive relationship with their physical health and development, and work towards creating a stronger and more confident self. Each week individuals engage in different activities including tennis, boxing, strength, AFL and yoga. Each activity has been chosen for its flexibility and staff tailor exercises to each participant’s unique abilities.

Address: 525 High St, Preston 3072
Phone: 9478 1001
Email: cpsn@cpsn.org.au
Website: cpsn.org.au
Find us on Facebook
Disability Sport & Recreation: Statewide Support to Get You Active
Fitzroy

Whatever your age, whatever your disability, wherever you live, Disability Sport & Recreation will work with you to find the sporting or recreation activity that’s right for you. The SportRec Access program is free, or you can use the online directory Score! Score! lists sport and recreation programs and inclusive venues across Victoria. Need adaptive equipment to participate? They can help. Their equipment library has a large range of sports chairs and other items to get you active, available for hire from their office in Fitzroy.

Address: 341 George St, Fitzroy 3065
Phone: 9473 0133
Email: info@dsr.org.au
Website: dsr.org.au

Don Tatnell Leisure Centre: Wheelie Active
Parkdale

Don Tatnell Leisure Centre provides people of all abilities a Group Fitness class using basic exercises to music that will help improve mobility, cognitive adherence, muscular strength, flexibility, hand eye co-ordination, balance and stability. Fun activities are also included! Throughout the class, instructors and support workers aim to increase and promote social interaction, improve body awareness, minimise feelings of isolation and have fun with the participants.

Address: Warren Rd & Brisbane Tce, Parkdale 3195
Phone: 9587 1016
Email: dontatnell@kingston.vic.gov.au
Website: kingston.vic.gov.au/dontatnell

Find us on Facebook
Fitness Fever: Personal Training
East St Kilda

Fitness Fever promotes health and exercise in a gym setting.

Address: 133 Glen Eira Rd, East St Kilda 3183
Phone: 0411 151 628
Email: peter@fitnessfever.com.au
Website: fitnessfever.com.au

Find us on Facebook

Gecko Sports: SNAP (Special Needs Active Program)
Hampton East

SNAP runs at Gecko Sports HQ in Hampton every Sunday morning. They have a different program each week with activities such as obstacle courses, relay races and coordination games. These games and activities are designed to enhance overall spatial awareness, gross motor skills and general fitness. All in a fun, safe and supervised environment.

Address: 338 South Rd, Hampton East 3188
Phone: 0437 982 736
Email: jtonc@gmail.com
Website: geckosports.com.au
Great Ocean Air
Barwon Heads

Great Ocean Air operates from Barwon Heads Airport and offers accessible flight options to the 12 Apostles, Melbourne City Orbit, King Island and Mornington Peninsula. The A8 Airvan is accessed by a ramp and provides for in-cabin transfer from wheelchair to airplane seat. The plane has extra large windows for optimum sightseeing and accommodates up to seven passengers. Two, four and ten seater planes are also available.

Address: PO Box 1080, Barwon Heads 3227
Phone: 0418 643 401
Email: jeff@13beach.com
Website: greatoceanair.com.au
Find us on Facebook

Netball Victoria: All Abilities Netball
West Melbourne

All Abilities Netball provides the chance for people with disabilities, both intellectual and physical, to participate directly or indirectly with local Associations, Leagues/Clubs. With over 16 centres across metropolitan and regional Victoria, there are opportunities for males and females of all abilities to learn, play and get involved with netball. Netball Victoria also offers players with Intellectual Disabilities a chance to represent Victoria in the National “Marie Little Shield” All Abilities tournament. State trials are held in November/December each year.

Address: 487 King St, West Melbourne 3003
Phone: 9321 2222
Email: community@netballvic.com.au
Website: netballvic.com.au
Maccabi Victoria: All Abilities Sport & Recreation
South Caulfield

The All Abilities Sport & Recreation program provides Jewish people with disabilities the opportunity to participate in sport and recreation. They work holistically with each and every individual as well as their families and carers. On offer is the development of an individualised plan that addresses the specific needs of each individual, thereby applying person-centred and strengths-based approaches. The aim is to see all of our members participating in sport and recreation activities, both actively and in non-playing roles at their own levels. All Abilities Sport & Recreation works alongside 23 mainstream sporting clubs to enable the opportunity for integration and inclusion.

Address: Level 1, 176 Bambra Rd, South Caulfield 3162
Phone: 9563 5885
Email: allabilities@macvic.com.au
Website: maccabi.com.au/vic/all-abilities
Find us on Facebook

Reclink Australia: Access for All Abilities (AAA Play)
South Melbourne

AAA Play is a free, first point of call service, helping to link people with a disability into sport and recreation programs across Metropolitan Melbourne. They draw on a large network of State Sporting Associations (SSAs) AAA programs, community sports clubs/groups and disability services providers. AAA Play works as the opportunity broker, to link the person seeking the activity into the program opportunity. AAA Play is an online and telephone service, where people can search for suitable program information or speak to one of the team members to get assistance when looking for an activity.

Address: 115b Ferrars St, South Melbourne 3205
Phone: 0431 779 755
Email: libbi.cunnington@aaavic.org.au
Website: aaavic.org.au
Find us on Facebook
Riding for the Disabled Association of Victoria
Flemington

Riding for the Disabled Association of Victoria (RDAV) is a not-for-profit organisation that enables individuals with a variety of disabilities, ages and backgrounds to develop independence, a sense of freedom and to reach their equestrian goals. This is achieved through adaptive coaching techniques and equipment. RDAV is a grass roots volunteer based organisation which has 37 centres, 1200 riders, 800 volunteers and 200 coaches across Victoria. RDAV are proud to have offered these services for 40 years in Victoria. We currently provide suitable horses, trained volunteer helpers, accredited RDA coaches, riding and safety equipment to run a range of equestrian activities including: structured riding classes, recreational horse riding, games/competitive riding, vaulting, carriage driving, dressage and equestrian camps.

Address: 400 Epsom Rd, Flemington 3031
Phone: 9258 4730
Email: info@rdav.asn.au
Website: rdav.asn.au
Find us on Facebook

Scope: Balloon Football
Aspendale

Scope Balloon Football (BFL) is a modified version of AFL designed for people with a disability. It was developed to give people with a disability the opportunity to play competitive sport on an even playing field. There are teams located all across Victoria including regional Victoria. It is a great way to enjoy a fun and active team sport at either a local or state level.

Address: Cnr Station St and Nepean Hwy, Aspendale 3195
Phone: 0400 504 174
Email: spotter@scopevic.org.au
Website: scopeaust.org.au
Find us on Facebook
Special Olympics Australia
Melbourne Southern
Aspendale

Special Olympics Australia provides sports training and competition in the following sports: Swimming, Basketball, Softball, Bocce, Tennis and Ten Pin Bowling.

Address: 16 Gale St, Aspendale 3195
Phone: 0404 868 043
Email: dekkkodog@optusnet.com.au
Website: specialolympicsaustralia.com/melbsouthern

Swim 4 All
Murrumbeena, Wheelers Hill, Clayton, Werribee

Swim 4 All provides swimming and water safety lessons to all children, specialising in children with special needs and disabilities. Swim 4 All caters to the individual needs of every child. Swim 4 All teachers are AUSTSWIM Qualified and disability trained and take the time to get to know each child. A specific program is developed with achievable long and short term goals to build on every child’s abilities. Swim 4 All has had amazing results with children with various physical, intellectual and neurological disabilities. All family members can be catered for in the Swim 4 All program. Call to book in for a free trial lesson.

Location: Murrumbeena, Wheelers Hill, Clayton, Werribee
Phone: 9742 5000 or 0411 131 641
Email: swim4all@swim4all.com.au
Website: swim4all.com.au
Find us on Facebook
**Waves Leisure Centre: SWEAT Aqua Program**

**Hightett**

The SWEAT Aqua program runs in conjunction with the MS Society. The program was initially designed for people with Multiple Sclerosis but is also suitable for anyone needing a slower and gentler work out. Participants are able to work at their own pace and carers are welcome.

**Address:** 111 Chesterville Rd, Hightett 3190

**Phone:** 9559 7103 or 9559 7111

**Email:** georgia.keady@kingston.vic.gov.au or waves@kingston.vic.gov.au

**Website:** wavesleisurecentre.com.au

**Find us on Facebook**

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**Waves Leisure Centre: Swimming**

**Hightett**

Waves is open almost every day of the year, so whether it’s recreational swimming or a focussed fitness program, they always have the time to fit in with you! The centre has a range of both wet and dry programs and activities to suit the entire community’s needs. Also available is accessible parking, automatically controlled doors, lift access, accessible toilet and change facilities, aqua wheelchairs and pool hoists. Free entry for holders of Carers’ Cards.

**Address:** 111 Chesterville Rd, Hightett 3190

**Phone:** 9559 7103 or 9559 7111

**Email:** georgia.keady@kingston.vic.gov.au or waves@kingston.vic.gov.au

**Website:** wavesleisurecentre.com.au

**Find us on Facebook**
## Respite services at a glance

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<thead>
<tr>
<th>Provider</th>
<th>Program</th>
<th>Cost</th>
<th>Availability</th>
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<tbody>
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**Directory**

137
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## Respite activities at a glance

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**Time for a Break Directory**
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**Directory**

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**Time for a Break**
Feedback & updates

Additions and amendments help keep the TFAB publication relevant. If you would like to update your organisation’s listing, or have information about other respite options in the South Division areas of Bayside Peninsula and Southern Melbourne which may be of interest to other families, please submit any details via our online form at moira.org.au/contact

If you would like additional copies of TFAB 2017, please contact MOIRA:

Address: 928 Nepean Highway,
Hampton East 3188

Phone: 8552 2222

Email: moira@moira.org.au

Website: moira.org.au

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## Contacts for assistance

Carer Support and Respite: Call Alfred Health Carer Services on 1800 052 222 (24 hours, freecall except from mobile phones).

<table>
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<tr>
<th>Organisation</th>
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<tr>
<td>Action on Disability in Ethnic Communities</td>
</tr>
<tr>
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<tr>
<td>Association for Children with a Disability</td>
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<tr>
<td>Carers Victoria</td>
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<td>Centrelink</td>
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<tr>
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<td>Scope</td>
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<tr>
<td>Statewide Autistic Services Inc. (SASI)</td>
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<tr>
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<td>For the Aged</td>
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<tr>
<td>My Aged Care Information Line (ACAS)</td>
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<td>For People with Acquired Brain Injury</td>
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<td>Melbourne City Mission</td>
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<td>1800 783 783 or 1800 008 149 (TTY)</td>
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<td>9486 9600 or 1300 658 873</td>
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