



# SHORT TERM ACCOMMODATION (RESPITE)

## What is it?

Short Term Accommodation (STA) or respite is a short break away from your home with a Support Worker to assist you to develop your independence and learn new skills. STA may suit your needs if your usual support network isn't available for a short period.

## What are the benefits of STA?

A short stay away from home can help you:

- try new activities
- enjoy a change of scenery
- step outside your comfort zone
- increase independence
- give your usual carers a break

## What is covered under STA?

STA funding includes all basic expenses in a 24-hour period related to the service including:

- Accommodation: the cost of staying in a suitable & accessible accommodation of your choice
- Assistance with daily living tasks: support with care, meals and other tasks as required
- Community access: support to participate in local activities and events
- Food: breakfast, lunch, dinner
- Activities you and we agree to.



Portobello By the Sea, Sunshine Coast QLD. Available to the Deaf community at 25% off - more info on our website.

### What is not covered under STA?

- Transport to and from the accommodation
- Personal purchases and souvenirs

### How is it funded and am I eligible?

The NDIS funds STA under the Core Support category 'Assistance with Daily Living'. STA funding is flexible, so you can choose whether you want to use it all at once or spread it out over the year. Like with any support, the NDIS will fund STA if it relates to one of your goals outlined in your NDIS Plan.

If you have a Support Coordinator or Plan Manager, it is a good idea to discuss this with them to make sure you have the right funds to pay for STA. If you do not, we can support you in finding the information that you need.

### I am eligible, what's next?




To access STA under the NDIS, we will ask you the following questions:

- Your NDIS participant number

- Your funding plan and budget
- The reason for your request for STA - what are your goals?
- The dates that you require STA
- Where do you want to go?
- Any preferences for the type of accommodation you require (we will organise this accommodation for you)
- What sort of activities would you like?
- Any specific support needs or requirements you have

To find out more about STA options, please contact us using the details below.

### CONTACT US

-  0497 497 668 (SMS only)
-  [support@deafconnect.org.au](mailto:support@deafconnect.org.au)
-  [deafconnect.org.au](http://deafconnect.org.au)