

# Residential Respite Guide

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## Understand Respite Care

Respite is a temporary short stay in a residential aged care facility. Respite is most commonly used to provide a break for regular carers or as a 'try before you buy' experience for people who are considering a permanent move into residential aged care.

Eligible people can **access up to 63 days** of government subsidised respite care each financial year. This includes both planned and emergency residential respite care.

Providers generally require a minimum two-week respite stay to ensure that both the individual and the carer can fully benefit from the respite stay.



## Complete Aged Care Assessment

ACAT assessments are coordinated by Australian government organisation, My Aged Care. They are used to evaluate the care needs of individuals and determine who can access government subsidised aged care.

Contact My Aged Care to organise an Aged Care Assessment. You can do this online or over the phone.

**Online:** visit

[www.myagedcare.gov.au/assessment](http://www.myagedcare.gov.au/assessment)

**Phone:** Call My Aged Care on **1800 200 422**

An assessment can also be requested by a GP, a doctor, a hospital nurse or administrator, a community nurse or other health care practitioner.

## Learn About Fees and Charges

Residential respite fees differ from the fees paid by permanent aged care residents.

There are two fees that may apply for residential respite:

- **Basic Daily Fee:** This covers basic living costs such as food and laundry and is not means tested – everyone pays the same fee. The current **maximum daily fee payable is \$63.57**.
- **Extra Services Fees:** Some aged care homes provide hotel-style services for an additional set fee. If you choose a respite care room with extra services, you may need to pay extra for them. Extra services fees are not subsidised by the government.

## Find and Shortlist Providers Near You

Connect with an Aged Care Decisions Placement Specialist and have an open discussion about desired location and budget, care needs and personal preferences. Using custom-built software and our national database of Partner facilities, Aged Care Decisions will match your location, budget, care needs and personal preferences with current respite care vacancies that suit your specific needs.

A tailored aged care Options Report will be created and emailed to you about 20 minutes after your conversation with your dedicated Placement Specialist.

Use your aged care Options Report to research and evaluate available respite care vacancies. If you would like, we can simultaneously forward your information to the facilities on your shortlist and invite them to start considering the potential short-stay resident for admission.

Access our **FREE** service by

Calling **1300 775 870**

or visit [agedcaredecisions.com.au](https://agedcaredecisions.com.au)



**FAST**



**FREE**



**INDEPENDENT**



## Visit Your Shortlisted Respite Options

Your Placement Specialist can book tours of your shortlisted facilities to help you make an informed decision about which facility to choose. There will be a lot to take in when you visit. Taking your loved one with you can be very helpful.

When touring facilities, it is important to look at: general atmosphere, staffing levels, social activities calendar, meals and menu, cleanliness, building and amenities, and residents' feedback.

If you can, tour facilities between 10.30am and 12.30pm – which is when most social activities are scheduled. Doing this will help you see how involved the residents are in their environment, and what type of lifestyle activities the facility has.

## Apply and Enter

Every aged care facility will have a slightly different application process. Aged Care Decisions will supply your preferred facility with the basic information they require, such as the potential resident's personal details, care information, and aged care assessment referral code.

After completing an application form and returning it to the facility (electronically or as a hard copy) the facility will contact you within 3-5 business days, and if your application is successful they will extend an offer and ask you to sign a Residents Agreement.

Your dedicated Aged Care Decisions Placement Specialist will be a resource throughout the entire process - so please feel free to contact them if you have any questions or queries.