

Residential Respite Guide



Understand Respite Care

Respite is a temporary **short stay** in a residential aged care facility. Residential respite care can be planned or scheduled on an emergency basis. Respite is most commonly used to provide a break to a carer or as 'try before you buy' if you are considering to move there on a permanent basis. Consider if respite may be suitable for you.

Eligible people can access up to **63 days** of 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

The **Aged Care Assessment** is a **vital step** that should be completed before entering respite care in order to receive government subsidy. It is the key element that determines the level of care you require (high or low) and the subsidy the provider will receive to meet your personal and care needs.

Web: visit My Aged Care's Website <https://www.myagedcare.gov.au/assessment>

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

Learn About Fees and Charges

Residential respite fees are not the same as those for permanent residents in an aged care home. Two types of fees potentially apply for residential respite:

- **Basic Daily Fee:** the maximum daily fee which can be requested by a provider is \$60.86 (as of 20 Sept 2023).
- **Extra Services Fees:** some aged care homes can provide a bundle of agreed higher standard hotel-type services for a set fee, without having an impact on the level of care being provided. Extra service fees are set by the provider and not subsidised by the government.

Find and Shortlist Providers Near You

By utilising our national database of residential respite providers, Aged Care Decisions assists families to identify suitable vacancy options.

The result is a **customised Options Report** that will be emailed to you by your Aged Care Decisions' placement specialist. At the same time, we send the relevant admission and clinical information to the facilities on the shortlist, and invite them to start considering the potential resident for admission.

- ▶ **Reduce Stress**
- ▶ **Save time**
- ▶ **Find better care options**

To start the process of finding a suitable respite facility, call Aged Care Decisions today on 1300 775 870.

Visit Your Shortlisted Respite Options

Book tours with our placement specialists and make sure to bring your tour checklist along to your booked tours. There will be a lot to take in when you visit. Taking your loved 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 and smell, building and amenities, and residents' feedback.

If you can, book your appointment between 10.00am and 12.00pm – the time when the most amount of 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

Aged Care Decisions recommends applying to residential respite once (i) an Aged Care Assessment has been obtained; (ii) tours to the shortlisted facilities have been completed; (iii) once an offer comes in from an aged care home, you can choose whether or not to accept it.