



## Short Term Respite (STR) - (formerly Short Term Accommodation)

(If you or your family member is under 18 years of age, please also consider the Additional Information)

The FACTS	
<b>What is STR?</b>	<p>STR allows you to have time apart, for at least one night, from your primary informal supports such as family and friends who give you the majority of your unpaid, active, disability-related support.</p> <p>This provides the opportunity for you to be supported by someone else, while giving your family or friends a short break from their usual caring responsibilities. It lets you try something else and helps you pursue your goals like increasing your independence or building your skills.</p>
<b>How do you get STR in your Plan?</b>	<ul style="list-style-type: none"> <li>● STR needs to meet the NDIS <b>reasonable and necessary</b> criteria.</li> <li>● STR is funded based on the level of support you usually need and the NDIS looks at evidence about your disability support needs that describe when and how often you need support.</li> <li>● When STR is included in your plan it is flexible funding in your Core budget. This means you'll need to spend your funding in line with your plan.</li> <li>● If you choose to use your STR funding for more support than you need, you may spend your funding faster than expected.</li> <li>● If you need short term respite or if your needs have changed, talk to your myNDIS contact or bring this up at your next NDIS meeting.</li> </ul>
<b>How many days of STR are funded?</b>	The NDIS generally funds up to 28 days of STR per calendar year, for up to 14 days at a time. Sometimes a specific number of days of STR will be set out in your Plan.
<b>What accommodation choices are funded?</b>	You can use your STR funding in a range of non-moving accommodation settings such as a respite facility, hotel, motel, short stay rental, cabin, cottage, homestay or your own home. It cannot be on a cruise or tour.
<b>Where can I use STR?</b>	Generally, you are expected to use STR in your home State or Territory in Australia. If you live in a remote or very remote area or a border town, you may be funded to use your closest STR in your neighbouring State or Territory.
<b>Can I take my support worker with me?</b>	If you need a support worker to stay at your STR location with you to access the level of support you need, the NDIS can also fund their accommodation. For example, if you need overnight supports, or there isn't a local support worker near your STR accommodation. This means they can stay at the location and give you the overnight support you need and usually get.

<p><b>What can't I use STR to do?</b></p>	<ul style="list-style-type: none"> <li>● <b>Holidays</b> - You can't use it to go on a <b>cruise or tour or holiday</b>. You <b>can't use it for accommodation on holidays or airfares or other holiday or travel items</b>, including interstate and overseas travel for holidays. It's also <b>not for your family or friends</b> to stay in accommodation or to attend programs.</li> <li>● <b>Transport</b> - you <b>can't use your STR funding</b> to pay for transport to get to your respite accommodation or activity <b>if you can travel or use public transport independently</b>. If you need specialised transport this may be paid for. If your plan includes separate funding for Transport, you can continue to use this funding to travel to and from your STR. The NDIS will not fund a claim for Activity Based Transport where your carer did not stay and support you in your activity in the community.</li> <li>● <b>Meals</b> - <b>If your meals are an extra cost while you're staying in short term respite</b>, you can't use your NDIS funding for this. These are day-to-day living costs and are not NDIS supports.</li> <li>● <b>Activities</b> - You can't use your NDIS funding to pay for activities, <b>such as tickets, entry fees, equipment, or membership fees</b> for yourself, your support worker or your family or friends.</li> </ul>
<p><b>When isn't STR funded?</b></p>	<ul style="list-style-type: none"> <li>● If you <b>live alone</b> independently and don't have drop-in supports.</li> <li>● You <b>get more than 18 hours paid supports</b> in your home each date, regardless of who you live with.</li> <li>● You're <b>not having a break from your family or friends</b> who you live with, or give your significant daily drop-in support.</li> <li>● It's a <b>day-to-day living cost</b> that anyone is expected to pay, for example your mortgage, rent or utilities.</li> <li>● You're waiting for <b>home modifications</b> to be done.</li> <li>● You're living in a <b>supported independent living (SIL)</b> arrangement.</li> <li>● You have funding for primary or supplementary individualised living options.</li> <li>● You're in a <b>housing crisis situation</b> (if you are homeless or need somewhere to live you can contact homeless services in your State or Territory).</li> </ul>

**If you or your child is under 18 years of age, please also read the next few pages**

## Short Term Respite (STR) for Children younger than 18 years Additional Information

(Please also refer to Information for persons over 18 years of age)

<b>The FACTS</b>	
<p><b><u>Your Need for Respite</u></b></p> <p><b>One of these <i>exceptional circumstances</i> must apply to you before you can begin the process of applying for STR support for your child</b></p>	<ul style="list-style-type: none"> <li>● Another member of your household has major disability or developmental delay, and your caring responsibilities affect your wellbeing and the ongoing care you provide; or</li> <li>● You or your child’s primary carer have serious health concerns, are aging or at risk of being unable to sustain your caring role; or</li> <li>● There are identified risks with providing supports in the home; or</li> <li>● There’s an identified risk of your child entering an out-of-home care arrangement due to their disability or developmental delay related support needs; or</li> <li>● You live in an area where other types of in-home supports aren’t widely available and accessible. This might be because you live in a remote or rural area.</li> </ul>
<p><b>What is STR for children?</b></p>	<p>For children where this is a respite need, short term respite can support a family’s ability to sustain their ongoing caring role</p>
<p><b>When is STR funded for children?</b></p>	<p>STR is only funded for children <b>in exceptional circumstances (see above)</b>. The NDIS does not fund supports that all parents or families are reasonably expected to provide, whether their child has a disability or not. The NDIA consider funding supports in the home before considering funding for STR to sustain the family’s caring role. STR works together with other disability-related supports and doesn’t replace informal or paid supports.</p>
<p><b>What is considered by the NDIA when making their decision to fund STR for children?</b></p>	<p>The NDIA consider:</p> <ul style="list-style-type: none"> <li>● That it’s usual for parents to provide almost all the care and support that their child needs, such as going to the toilet and sleep time routines.</li> <li>● The family’s support of their child usually changes as the child gets older and their support needs increase or decrease.</li> <li>● How much time your child is not in your care during the day when at school or taking part in activities to develop new skills.</li> <li>● Parents and carers are still responsible for things like food, emotional support, decision-making and providing a safe home.</li> </ul>

<p><b>What additional information does the NDIA consider to fund STR for children?</b></p>	<ul style="list-style-type: none"> <li>● Does your child live with you and are you their primary carer? (Note: no STR funding if your child is in statutory residential out-of-home care)</li> <li>● Does your child need greater than 6 hours of daily care for active, disability-related support from their primary informal supports <u>and</u> does your child have high intensity, daily personal support needs or behaviours of concern that need direct supervision due to risk?</li> <li>● Do you need more support to sustain your caring role due to your child's disability-related care needs?</li> <li>● Have other supports been funded or considered such as support in your family home, assistive technology or social and community access?</li> </ul>
<p><b>What additional activities can't STR for children be used for?</b></p>	<p>STR is only for disability-related support needs and doesn't replace a family's general parenting responsibilities. For example, <b>it can't be used for babysitting or nannying services.</b></p> <p>It also <b>doesn't replace community and mainstream services</b>, including school camps children might go to, or other supports that are available to the broader community.</p>

## Anything else I need to know?

It is important to us that we provide you with the necessary information to help you to make informed decisions.

We will do our best to answer your questions about Short Term Respite. If you have any questions around this, please do not hesitate to contact the team at [ndisfinance@p2pqld.org.au](mailto:ndisfinance@p2pqld.org.au)

However, if you have questions about your specific NDIS plan and any funding that may be available for STR we strongly recommend that you contact your NDIA Planner, LAC or SC. Contact details as follows:

- NDIS contact details:
  - NDIS enquiry phone line: 1800 800 110
  - NDIS webchat: <https://nccchat.ndis.gov.au/i3root/>
  - NDIS information on STR: <https://ourguidelines.ndis.gov.au/supports-you-can-access-menu/home-and-living-supports/short-term-accommodation-or-respite>

# Short Term Respite (STR) CHECKLIST

## What can I use my STR funding for?

Questions to ask yourself:	Yes	No	Information to help you with your question
Am I going on a holiday and/or an overnight visit with family or friends?			You CANNOT use your funding for a holiday/overnight visit of any kind, or for any holiday expenses or activities.
Am I going to be using my own money to buy my food or meals while I am using respite?			You CANNOT use your funding for food or meals you have purchased with your own money. This is an everyday expense.
Am I going to need transport to get to and from my STR accommodation?			You CANNOT use your funding to cover your transport costs unless you require specialised transport. The only exception is if you have Transport built into your Core budget.
Am I or my family member who needs respite under the age of 18 years?			If you are under 18, additional conditions will apply (refer page 4 above)
Do I have Short Term Respite stated in my Plan?			Any STR you choose to use must be in line with what is shown in your Plan. For example, if your Plan gives you STR only on, say, weekdays or for support on a 1:3 basis then that is how you must use it.
Do I have any other supports in my plan that I could use instead of STR?			This may be an option to assist you to achieve giving your informal supports a break and to slow your spending down so you don't spend your Plan funds faster than expected.
Do I have gardening or cleaning services come to my home?			The NDIS will expect you to cancel these services for the period of time you are in your STR.
Will I continue to have employment supports or therapy supports while I am staying at my STR accommodation?			If you answered Yes, you can continue to use these supports while using STR.
If you are going on a holiday or an overnight visit, can I take my support worker with me?			The NDIS can cover <b>the cost of your support workers time</b> while they provide support to you during an overnight visit or on a holiday.
Do I have complex support needs that will need to be met while in STR?			If you have complex support needs a second support worker can assist with personal care. This additional support can only be invoiced at level 1 rate.