



**GIVE US**  
*a break*

## SHORT TERM ACCOMMODATION ASSISTANCE (RESPITE) UNDER THE NDIS

There is no NDIS funded support called 'Respite' but there are a range of supports which may give a respite effect for carers, which may create an opportunity for the carer and participant to have some independent time.

Short-term overnight accommodation (respite) is now called Short Term Accommodation Assistance (STAA).

STAA has three levels of funding:

- **Level 1** – 7 to 14 days per year to allow the carer to attend key activities
- **Level 2** – 14 to 28 days per year and includes a strategy to build capabilities for future independence
- **Level 3** – Equivalent of 28 days per year, when the carer provides support most days and informal support is at risk of not continuing due to the intensity of the support required or severe behaviour issues.

Funding levels are determined by the level of disability and intensity of support required from family or informal carers and other commitments like the work or study of carers.

Higher levels of STAA may be provided where there are:

- unstable sleep patterns
- complex and high support needs
- significant behavioural challenges
- more than one child with a disability in the household
- other assistance needed during the night.

### Other NDIS supports that may provide a respite effect for carers include:

- assistance to access community, social and recreational activities
- in-home support to develop independent living skills
- active overnight assistance at home
- specialised home-based assistance to sustain informal supports
- assistance in a host family or alternative family situation
- outside of school hours care for teenagers
- vacation care
- development of skills for community, social and recreational participation.

**FOR MORE INFORMATION  
SEE OUR SERIES "GIVE US A BREAK"  
INFORMATION SHEETS**

[www.everythingcarers.org.au/respite](http://www.everythingcarers.org.au/respite)