

Help!

Who to ring to get Respite Care

Most organization's will require a diagnosis for the child/children needing respite. I found it doesn't hurt to phone them and ask a lot of questions. Everyone I phoned in my quest for respite was empathetic and usually able to give me another piece of the puzzle.

1. [Department of Communities, Child Safety and Disability Services](#)

Ring them ASAP to be put on the waiting list to be assigned a case worker. The case workers are all amazing. Once they help you fill out all the forms they'll try to find independent respite care and funding for other services until you reach the top of the list for NDIS funding. There is money available.

2. Emergency respite care (free): [Contact Us | Suncare Community Services](#)

I love these guys! They found me funding for 6 hours in home respite with Westcare.

If life is too hard this organization responds with a Carer within hours of your call. They'll pick up kids from school, take them to appointments, look after them in the home, or all three, if you need to get out or hide under the duvet. You'll need to answer some easy questions (staff are amazing). They are a short term solution of 'one of's' but a wealth of understanding while you're hoping for help from Disabilities (listed as number 1, above).

Suncare Head Office

Suite 7/1 Innovation Parkway Birtinya Qld 4575

PO Box 519 Buddina Qld 4575

Ph: (07) 5436 3900 or 1800 SUNCARE

Fax: (07) 5436 3993

Email: info@suncare.org.au

Office Hours: Monday to Friday 8.30am to 4.30pm

3. [Commonwealth Respite & Carelink Centre, South Brisbane ...](#)

4. Carers Link - another number to look for respite care and funding

www.carerslink.com.au/

Wynnum QLD 4178, ph 3901 1165

5. A website listing heaps of services. You can put in your postcode and then begin to ring around.

<http://lifeline.serviceseeker.com.au>

6. Centacare appears to be an umbrella for many respite service providers.

[Centacare Brisbane: Home and Community Care](#)

7. Red Cross: you can call them and ask for help finding free respite care. Phone 07 3367 7222 Freecall 1300 554 419, Fax 07 3367 7444, [Email us](#).

Really helpful organizations

- depending on your diagnosis

8. Autism Queensland ph. 3273 0000

- Respite Care in one of their houses - you need a listing with Disabilities
- Ring for advise eg. "i can't get my child to school", "who should I ring", "help"
- Amazing courses
- in home training - amazing
- a list of Autism Spectrum Disorder (ASD) friendly professionals eg. Physicians, Occupational Therapy; Speech Therapy; Psychologist etc.
- get them to put you on the email list for courses

9. Asperger's Services Queensland

- a lending library
- ring for advise
- Occupational Therapy service

10. Carers Resource Centre

Home - Carers Australia, www.carersaustralia.com.au/

11. Autism Advisors program - for children <7years old

- great information re Occupational Therapy; Speech Therapy; Psychologist etc.

ie. how to help your child now and next.

- information of in home services

12. There are many sites in which can purchase OT products. I found this one particularly good with excellent service over the phone. It is a site that also links you to allot more useful sites.

Therapy Book Shop, www.therapybookshop.com/