



Mental Health Respite: Carer Support and the NDIS

What is Mental Health Respite: Carer Support?

Mental Health Respite: Carer Support provides a range of flexible respite and family support options for carers and families of people with severe mental illness/psychiatric disability and carers of people with an intellectual disability.

There are broadly two types of services provided by the program:

- relief from the caring role — short-term direct respite and social and recreational activities that provide carers with a break from their caring roles; and
- carer support, education and information.

Only the direct respite element of this program (relief from the caring role) is becoming part of the National Disability Insurance Scheme (NDIS).

Services are provided by the [Commonwealth Respite and Carelink Centres](#)

The Centres organise, purchase or manage respite care assistance packages, such as in-home respite care, support workers to assist carers to take a break away from home, and residential respite care.

The Centres also provide free and confidential information on disability and other support services available anywhere within Australia.

For more information about Mental Health Respite: Carer Support visit the [Department of Social Services website](#)

I'm currently accessing the program — will anything change for me with the launch of the NDIS?

You can continue to access supports under the program whether you live in or outside of a launch site.

The person you care for may also be able to access the NDIS if they live in one of the launch sites:

- Hunter area, NSW
- Barwon area, Victoria
- South Australia (for children)
- Tasmania (for young people)

Access requirements differ from site to site. See [Fact sheets and Publications](#) area for more information.

If the person you care for is currently accessing a government-funded disability or mental health program, the provider of those programs will tell you when we'll be in touch to complete an assessment for participation in the Scheme.

If the person you care for becomes a participant in the Scheme, supports under the program can be included in their individual plan. You can then continue to seek supports from the Commonwealth Respite and Carelink Centres.

If the person you care for is currently not receiving disability services, you can use the [My Access Checker](#) tool to see whether they may be able to access assistance from the Scheme.

What happens if the person I care for doesn't become a participant in the Scheme?

You will continue to have access to the program and receive your current level of supports.

I'm a service provider — what does this mean for me?

If you provide services outside a launch site or to people in a launch site who aren't participants in the Scheme, your current arrangements will continue.

Although funding arrangements with providers will remain unchanged during the launch period, organisations in launch sites should

- Register with the National Disability Insurance Agency (NDIA) as a service provider (See the [Providers](#) fact sheet on the NDIS website for more information)
- Prioritise access for NDIS participants
- Ensure continuity of services for participants currently being supported

- Comply with NDIS reporting requirements

More information

- Visit the [NDIS](#) website
- Email enquiries@ndis.gov.au
- Call 1800 800 110* Monday to Friday, 9am to 5pm EST
- For people with hearing or speech loss
 - TTY: 1800 555 677
 - Speak and Listen: 1800 555 727
- For people who need help with English TIS: 131 450

*1800 calls are free from fixed lines; however calls from mobiles may be charged.