

Families and carers provide help and support that could otherwise be provided by formal services or paid support workers.

They are often one of the greatest advocates for people with disabilities, providing practical and emotional support to help them live their best life.

Moreover, if the person they care for wants it, carers play a vital role in supporting them to join the NDIS, set their goals and use their NDIS plan effectively.

In addition to the government-funded programs available to support carers, an NDIS participant might use funding in their plan to facilitate respite.

Respite supports participants and their carers by giving carers short breaks from their caring responsibilities. It also gives participants time away from their families.

For a participant, this might mean:

- joining a new community group
- having a short stay out of home to try new things, make new friends or develop new skills.
- temporary periods of extra personal supports so that the participant can remain at home when families and/or carers are not available
- support to participate in community activities, resulting in a break for carers.

For carers, taking some time off can help them better manage their own health and improve their wellbeing.

In deciding whether to fund or provide a support, we will take into account what is reasonable to expect from families, carers, informal networks and the community.

More information for carers and how to include respite in an NDIS plan is available on the [Carers Australia website](#) .

We also encourage you to talk with your Local Area Coordinator or Planner on what supports might be available in your local community.

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