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## What short-term respite is

Short-term respite is an NDIS support that gives you time apart from your usual care arrangements, like your family, friends or carers.

You may be able to get short-term respite funding if you:

- live with your primary informal supports, like family, friends or a carer
- get daily drop-in support from the people you live with
- get disability-related support from your primary informal support for more than 6 hours a day.

## What short-term respite is for

It can be used to support you while the people who usually help you take a short break.

This helps them to then keep caring for you after their short break.

It focuses on providing the supports you need during this time.

## What having short-term respite funding is like

You can talk to your [my NDIS contact](#) if you think you may need short-term respite funding included in your plan.

There may also be other support options available to you. This could include a support worker to help you in your home, or [community and mainstream supports](#).

When we fund short-term respite, it's based on the level of support you usually need. This means you can keep doing the things you normally do.

## What you can use this funding for

It can be used for:

- supports to help you do everyday activities, like showering, cooking and toileting
- standard accommodation, like a hotel, motel, short stay rental, cabin, cottage, hostel or respite accommodation
- meals in a centre or group setting
- support to stay in your own home or a homestay arrangement with a support worker if you need overnight support.

You should generally use this funding in your home state or territory in Australia.

If you live in a remote area, we may be able to fund short-term respite for you outside of your home state or territory.

You can choose to use short-term respite in your own home, a shared or individual accommodation setting.

## It is usually funded for up to 28 days per year

You can use this funding flexibly. For example, you can use it for a block of up to 14 days at a time. Or you might want to use it for one weekend per month.

While this funding is flexible, you must spend it in line with your plan. This means, making sure your short-term respite funding lasts for the whole length of your plan.

If you choose to use your short-term respite funding for more support than needed, you may use all this funding before the end of your plan.

If your current plan doesn't have the short-term respite support you need or your situation has changed, you can ask to [change your plan](#).

## There are standard rates

You can find the rates in the [NDIS pricing arrangements and price limits](#).

You should only pay for the supports you actually use. For example, if you use less than a full day of supports, your provider should adjust the cost so you only pay for what you received.

## For participants younger than 18 years old

In some situations, we may fund short-term respite for participants younger than 18 years.

This may be when:

- their disability-related support needs are more than what is typical for their age

- short-term respite will help their family to continue to care for them, for example a break to look after their own wellbeing or health concerns.

Short-term respite doesn't replace normal parenting responsibilities. For example, helping your child to go to the toilet, settle to sleep at night or for babysitting.

## What you can't use this funding for

Our rules say what NDIS funding can be used for. You can't use your short-term respite funding to pay for items on the list of [non-NDIS supports](#).

This includes:

- cruises, holiday packages, holiday accommodation and airfares
- passports, visas, or travel and vehicle insurance
- accommodation or travel expenses for family members or support workers who are providing you with support on holiday
- theme parks, music, theatre, cinema, sporting events and conferences
- food or meals on holiday.

It doesn't replace normal time apart, like going to school, work or doing activities in the community. It also doesn't replace other mainstream and community supports, like crisis accommodation.

## Our Guideline

Download the Short-term respite guideline:

- [Short-term respite](#) - PDF 229.23 KB
- [Short-term respite](#) - DOCX 109.85 KB

This page current as of  
7 May 2026