

About Ability Options

Ability Options have over 40 years' experience supporting people of all ages to achieve their aspirations and inclusion in the community.

We offer a range of supports including:

- Therapy
- Respite
- Short Term Accommodation
- Day Programs
- Group Activities

We have a solid track record of NDIS experience, an expert team and a range of individuals who can share their knowledge and experience. Ability Options is a registered TTP provider.

*Relax in a
comfortable
and safe
environment.*

How to book or find out more

Phone **1300 422 454**

Email **comms.respite@abilityoptions.org.au**

Respite Services Hunter Valley





Short Term Accommodation – Respite stays

Our respite service provides short term accommodation options for people with disability to relax and take a short break. This can be a planned holiday or simply somewhere to take time away from daily routines. When participants stay in one of our houses they can:

- Relax in a comfortable and safe environment
- Explore somewhere new
- Meet and socialise with people of similar age and interest
- Take part in new or favourite activities.

We offer

- Capacity building with socialisation, community access and recreation
- Communication, behaviours, travel and money handling
- Assist, capacity build or provide self-care
- Daily living skills such as toileting, dressing, cooking, cleaning and money handling.

The Lake House

The Lake house at Eleebana is a short term accommodation home which offers respite for children and teenagers to relax, meet and socialise with people of similar age and interests, and creates independence away from home for people under the age of 25. Close to local amenities, the property features plenty of activities onsite, including a playground with sun shade sails, games and a large secure backyard.

Ashtonfield and Raymond Terrace

We have two respite centres which are located at Ashtonfield near Maitland catering for children from 7 years old to adults 18+. We have another respite centre at Raymond Terrace catering for children and adults with high physical support needs.

