

## How it works

We will meet with you and your family or carers to discuss your needs and the things you like to do. This is so we can create a respite plan that works best for you all. The plan covers all your health and safety needs, preferred routines and any activities or trips that you would like to take part in during your stay.

## Is it for me?

If you are aged between 7 and 65, have a disability and are looking for a short break then we can support you.

Emergency accommodation is also available on request. This is dependent on availability and your individual requirements.

## How much does it cost?

Our overnight fees are in line with the NDIS Price Guide. You can obtain a copy of the Guide from our Respite Coordination Liaison Officer.

If you do not have access to NDIS funding then you can pay for your stay yourself. Private fees are in line with the NDIS fees.



# Seabreezes Respite

Relax in Port Macquarie



## Contact

To book your onsite tour or for further information please contact

Phone **1300 422 454**

Email **[comms.respite@abilityoptions.org.au](mailto:comms.respite@abilityoptions.org.au)**





## Seabreezes – Port Macquarie

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 stay while family and carers take time away from daily routines.

When you stay in one of our houses you can

- relax in a comfortable and safe environment
- explore somewhere new
- meet and socialise with people of similar age and interests
- take part in new or favourite activities.

We can provide you with a relaxing and fun experience which has been specially tailored to your individual needs and wishes.



## About our house at Port Macquarie

Seabreezes is a 5 bedroom, purpose built house equipped with a range of equipment to ensure you have a safe and comfortable stay.

The house sits on half an acre of landscaped grounds and features a soft fall play area, outdoor BBQ and picnic area. There is plenty of space for you to relax quietly on your own or join in with group activities.

Our staff enjoy preparing fresh, varied and nutritious food in the large, well-equipped kitchen. You are welcome to join in with meal preparation, if you wish.

We have a fully accessible van for day trips, picnics or outings in the local area. Situated in the centre of Port Macquarie, the house is only a few minutes drive from the beach, shops and cinema.

We offer a range of services and activities at the house. If you want to take part in any special activities or events we will do our best to organise this for you.



## What can I do in the Port Macquarie?

Port Macquarie offers many exciting activities including:

- watersports on the beach
- whale-watching
- rainforest walks
- the Koala Park or Billabong Zoo
- wineries.

## What support can I get in the house?

The staff in our houses are trained and experienced in supporting people with disability. This includes:

- epilepsy management
- medication management
- enteral feeding
- manual handling
- positive behaviour support
- First Aid and CPR.

However, if you have complex needs we can also arrange support from other agencies such as: physiotherapists, occupational therapists, speech therapists, community nurses. These services can be included in your personal respite plan.

***Relaxing  
and fun  
experience.***