

Seeking Respite on the Mid North Coast?

Short Term Accommodation options in Coffs Harbour & Port Macquarie










Our respite getaways on the Mid North Coast are an opportunity for NDIS participants to socialise, try new activities, and develop independent living skills.

Guests of all ages can look forward to a fun and relaxing stay in two convenient locations in Coffs Harbour and Port Macquarie.



Seabreeze Port Macquarie








Wake up to the fresh ocean air, with the beach just minutes from your door. At Seabreeze, you'll find a peaceful retreat set on half an acre of beautifully landscaped gardens, perfect for relaxation or adventure.

-  5 Bedrooms
-  3 Accessible Bathrooms
-  Air-conditioned
-  Full Kitchen Facilities
-  Van Transport
-  Soft Play Area
-  Outdoor BBQ



The Retreat Coffs Harbour

Nestled in a native bush setting, The Retreat offers a peaceful escape with high-needs equipment and spaces designed to support every ability.

-  5 Bedrooms
-  2 Accessible Bathrooms
-  Air-conditioned
-  Full Kitchen Facilities
-  Van Transport
-  Soft Play Area
-  Outdoor BBQ

AbilityOptions





Short Term Accommodation Services

Our experienced staff offer 24/7 support with active night shifts.

Services are tailored to your needs to help you achieve your goals and support your independence.

Services can include support with preparing and cooking meals, washing, personal care, community access and individual goal setting.

"Respite stays have played an important part in helping my son build skills for independence" - Michelle, Mum & Carer

Want to find out more or organise a tour of our STA properties

Contact our friendly team today on
1300 422 454 or visit our website

Scan the QR codes below for more information and to enquire



**Seabreeze
Port Macquarie**



**The Retreat
Coffs Harbour**

Life's better with Options

Contact our friendly team today.

1300 422 454 abilityoptions.org.au

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