



## About ADEC

ADEC is the leading agency in the field of disability and ethnicity. It is the only agency that combines advocacy with the provision of support directly to people with a disability. Our ultimate vision is equality in all areas for people with a disability. We know that isolation, stigma and lack of information and knowledge prevent many people from taking their full place in our community. ADEC connects people with disability from diverse backgrounds to services and the overall community. We need to do more to achieve equality, so we work with government, service providers and other organisations so they are in a better position to include and engage with people with a disability from different backgrounds into their service systems. After all, we are all working with the same people.



## Who can be assisted by ADEC Respite?

- The person with a disability or their direct family must come from a non-English speaking background.
- The level of English is no barrier to accessing ADEC staff or services.
- The carer must be an informal carer - that is, a parent, partner/husband/wife, child, sibling, and/or a person who has primary responsibility for the person with a disability.
- We work with people and families from a broad range of ethnic backgrounds and who may experience any one or more recognised disability. You or a family member may have a physical, intellectual, sensory disability, may suffer from an acquired brain injury, experience developmental delay or autism spectrum disorder.

## How to get to ADEC?

We can visit you in your home or other preferred venue. However, if you come to ADEC, you can use public transport:

Tram: Plenty Road route, tram No. 86, stop No. 45.

Train: Epping line, get off at Bell Station.

Bus: Stop No. 513 on Bell Street.

You will find ADEC on the corner of Plenty Road and Garnett Street, Preston. We are a very short walk south of Bell Street.

## Do you want more information?

If you would like to know anything else about ADEC's Respite program, please contact:

The Intake Officer

ADEC

175 Plenty Road, Preston, Vic. 3072

Ph. (03) 9480 1666 Fax. (03) 9480 3444

Toll free: 1800 626 078

Web: [www.adec.org.au](http://www.adec.org.au)



Funds to provide Respite comes from a range of providers. These include: Victorian Department of Human Services, local governments and other not-for-profit organisations



# Multicultural Respite



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## What is Respite?

Family and friends normally have the responsibility of looking after a person with a disability at home. This can sometimes be tiring: the person with a disability and their family sometimes require a break from each other. Our respite service caters for this need. We have professional staff and volunteers who are able to provide short or regular breaks between family and person with a disability.

ADEC provides a number of respite services, including:

- In-home respite; and
- Out-of-home respite.

## In-home Respite

This can be provided by paid or unpaid workers and occurs when a worker provides respite in the home of the person with a disability. This allows time for the carer and other family members to go about other daily or regular business or activities, safe in the knowledge that the person with a disability is being well looked after. Respite can be for a few hours per week, weekends or overnight.

We try to match people according to the needs of the family, carer and the person with a disability.



## Out-of-home Respite

This is when respite is provided outside the home of the person with a disability. This could be by one-on-one sessions away from the home or a fun day trip with a group. The aim is to provide time for the carer and family member(s) to take a break from the care. This type of respite can be provided by a paid worker or a volunteer, depending on the intensity of the care required and the needs of the person with the disability.

## What should you do if you need Respite?

1. Telephone ADEC and ask to speak to the Intake Officer. This person will talk to you about what is happening to you and will also ask to meet you either at ADEC or in your preferred place. We call this the Intake procedure.
2. The Intake Officer will ask you some questions and if you agree to become a client, you will fill out some forms. You will be asked to sign a number of forms, including consent forms.
3. The file containing information about your situation will be given to the Respite Manager, who will make contact with you to make an appointment.



4. You and the Manager will meet and together, develop a plan for the type of support you need to achieve what you want.
5. If any fees or charges apply, or if your Respite is to be paid for as part of an Individual Service Plan or other form of payment, this will be discussed with the Manager.
6. If you need an interpreter, we will arrange for one at no cost to you. We can organise an interpreter either for telephone discussions or face-to-face meetings.
7. You are welcome to withdraw from ADEC at any time.
8. If ADEC does not meet your expectations or if you want to complain, you are most welcome to talk to an Advocate or someone else at ADEC to lodge a complaint or talk about your dissatisfaction.

## How to make a referral for someone who may need Respite?

If you are a friend or family member, service provider or professional worker and you think that someone you know or care for needs Respite support, you are most welcome to telephone the Intake Officer to have a general discussion about your concerns. We call this a referral. If the Intake Officer believes we can support this person, the officer will contact him/her to see what we can do and if she/he wants our support. We only work with individuals if that person wants ADEC to support them.

