



myhorizon
My Break



SHORT TERM RESPITE (STR)

Respite that restores balance for carers

What you need to know

Short Term Respite is an NDIS support that provides a safe and supportive short stay for participants while informal carers take a planned break. During STR, participants receive assistance with daily routines, personal care and community participation, helping maintain consistency of care and build independence in line with their NDIS goals.

Who is STR for?

STR is available to NDIS participants who rely on daily support from family members or other informal carers. You may be eligible if you live with your primary supports and receive significant daily care. STR may also be considered where higher or complex supports are required, specialist behaviour support is needed, in-home options are limited, or informal supports are at risk of burnout.

What does STR include?

STR may be delivered in different settings in line with NDIS guidelines. It can include short-term accommodation with basic amenities, personal care and daily living support, and assistance with routines and community participation (activity costs are not funded). All supports must relate to a participant's disability and align with their NDIS plan goals.

Important to note

STR is not a holiday — it is a disability-related support that maintains continuity of care, supports participant wellbeing, and gives carers a planned break. STR funding cannot be used for holidays, travel, flights, accommodation, tourist activities, or meal costs while travelling.

How to access STR in your plan

If you believe STR would benefit your family, speak with your NDIS contact or Support Coordinator. STR funding is typically included within your Core Supports budget and is flexible once approved in your plan.

If you have any questions about our upcoming STR program or would like to discuss whether it may be suitable, please feel free to contact us. We are happy to help guide you through the process.



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