

# SHORT TERM ACCOMMODATION & RESPITE



Pathways' Farm Cottage



## SERVICE SCHEDULE AND FEES

Building confidence  
and skills in a  
peaceful  
environment.

## WHAT IS SHORT TERM ACCOMMODATION / RESPITE CARE?

To discuss your booking  
contact Sally Mills  
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 0422 410 889



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Short Term Accommodation (STA), sometimes referred to as respite, is funded through your Core Supports budget. STA is very different from a holiday, Airbnb or a recreational activity, equally it is not about health care and treatment.

People use STA as a part of their NDIS capacity building plan in a variety of ways.

Respite care is designed to give both you and your informal supports time to rest and recharge at the same time as providing you with opportunities to focus on capacity building in a calm environment.

How you use your time will depend on your goals. Depending on the level of care you require, your STA provider may provide you with access to a support worker.

[www.pathwaysmh.com.au](http://www.pathwaysmh.com.au)

Your stay at the  
farm is planned  
with you so that  
it helps you  
work towards  
your NDIS goals.



# EXAMPLES OF HOW STA IS USED



An opportunity to practice self-care skills in a stress free, uncomplicated environment



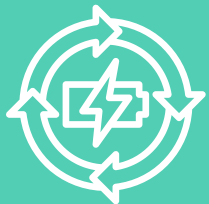
Develop and practice independent living skills in a graded way with support



Provide loved ones and carers at home the opportunity to rest and recharge their resilience



It can assist participants to avoid hospital admission by accessing a low stress, supported environment in which they can focus primarily on stabilising wellbeing and resilience (particularly suitable for participants who have had previous repeated psychiatric admissions)



Providing a rest from acute and long-term stressful environments and a chance to recharge coping and resilience



Providing a distraction free opportunity to review and reset wellbeing and capacity building plans



Helping participants build skills and gain confidence in a variety of community settings and provide a 'safe base' to return to at the end of the day to reflect and reset



**STA / Respite is about providing a safe and secure environment to help you focus on wellbeing and build knowledge, skills, and capacity**

Pathways now provides a simple, clear fee structure that can be tailored to suit participants' individual needs and budgets.



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	Weekday night	Saturday night	Sunday night	Public Holiday night
Option One	\$815.34	\$1,003.77	\$1,234.57	\$1,465.37
Option Two	\$1,119.89	\$1,402.53	\$1,748.73	\$2,094.93
Option Three	\$2,033.53	\$2,598.81	\$3,291.21	\$3,963.61

At Pathways we offer three options within the NDIA STA price guide to make it easier for you to individualise your planned stay. All fee options are based on a minimum stay of five days. (Shorter available by negotiation)

**NDIS Item Numbers**

- Option One**  
01\_062\_0115\_1\_1 STA And Assistance (Inc. Respite)
- Option Two**  
01\_054\_0115\_1\_1 STA And Assistance (Inc. Respite)
- Option Three**  
01\_058\_0115\_1\_1 STA And Assistance (Inc. Respite)



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It is useful to review the three options below with your support coordinator or plan manager and consider the one that best suits your goals, needs and NDIS budget. STA does not have to be listed in your NDIS plan but your stay does need to be considered reasonable and necessary.

Remember STA is not a holiday it helps with maintaining independence and with meeting your NDIS goals.

## PATHWAYS STA FEE STRUCTURE 2023

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<b>Option One</b>	<b>\$815.34</b>	<b>\$1,003.77</b>	<b>\$1,234.57</b>	<b>\$1,465.37</b>
<b>Option Two</b>	<b>\$1,119.89</b>	<b>\$1,402.53</b>	<b>\$1,748.73</b>	<b>\$2,094.93</b>
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## INCLUSIONS

AVAILABLE SUPPORTS	OPTION ONE	OPTION TWO	OPTION THREE
Carer stays free			●
Access to trauma informed support staff		●	●
\$40 per day supermarket grocery vouchers	●	●	●
Food shopping service			●
Home cooked evening meal			●
\$20 per day capacity building funds (to spend on expenses during your stay)			●
Full board for participant and carer			●
Personal care support			●
Full laundry service			●
Support worker trips to local community (including refreshments)		2x for 5+ days 3x for 7+ days	unlimited
Art and craft materials provided (on request)		●	●
Up to \$300 towards return flights and complimentary transport from Ballina airport to accommodation			●
On call 24/7 Mental Health Professional	●	●	●

Weekday therapy sessions and massages can be booked and funded through your capacity-building budget. Therapeutic support and wellbeing programs include; Equine Therapy, Animal Assisted Therapy, Nature Based therapy, Adventure Skills, Life Worth Living - Emotional Regulation Skills

\*The NDIA sets the price guide for STA which sometimes seems quite high. It is useful to keep in mind that one reason the Government is able to fund STA at this level is because it reduces the use of hospitals and other Government services which are often up to four times the cost of funding STA.